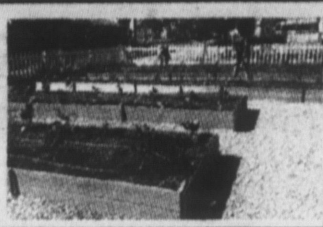




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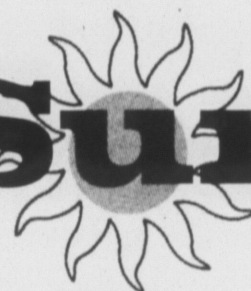
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# The Quincy Sun



Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 52 No. 41

Thursday, June 25, 2020

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SUPPORTERS OF POLICE line Quincy Shore Drive during the Defend the Police rally on Saturday. More than 100 residents from Quincy and throughout the South Shore lined a section of Quincy Shore Drive at Wollaston Beach to show their support for police and law enforcement.  
Quincy Sun photo/Tom Gorman

## Over 100 Turn Out At Defend The Police Rally

By TOM GORMAN

Holding signs stating "Blue Lives Matter," "We Support QPD," and "Back the Blue," more than 100 residents from around the South Shore lined a section of Quincy Shore Drive at Wollaston Beach for a Defend the Police rally on Saturday.

urday.

The rally was organized by Lauren Koch, Cherilyn Paradis, and Paul Emerick through Facebook as a show of support for police because of the recent anti-police rhetoric and calls for defunding police departments in the wake of the

killing of George Floyd by a Minneapolis police officer on May 25. According to the Facebook post, the rally was not a counter protest to the

Black Lives Matter movement, but to show support for police.

"We appreciate law en-

Cont'd On Page 6

## Inequality, Injustice Focus Of Discussion

Series Hosted By 4 Councillors

By SCOTT JACKSON

Four city councillors are organizing a series of community meetings to give residents a chance to discuss inequality and injustice in Quincy and identify potential solutions.

Councillors Brad Croall, Nina Liang, Anne Mahoney and Brian Palmucci have organized the "Be The Change" discussion series. The series is being held amid nationwide protests centered on inequality and injustice.

More than 70 residents attended the first meeting in the series, which was held remotely via Zoom during the evening of June 17.

Liang said she was excited to see the turnout at the

first session.

"I was thrilled," she said in a phone interview. "For 70 residents across the city to join us and share their stories is really important."

Overall, Liang said the meeting went well, but councillors are open to feedback on potential improvements that could be made going forward.

"I think it was a good first step," she said. "We are open and flexible to making changes."

The goal of the community discussion series, Palmucci said at the opening of the June 17 meeting, is to come up with solutions to address inequality and injustice in the city.

Cont'd On Page 15

## Special Education Building Named For DeCristofaro

### Houghs Neck Community Blood Drive July 14

Houghs Neck Community Council Blood Drive will be held Tuesday, July 14 from 2 to 8 p.m. at St. Thomas Aquinas Hall, 1031 Sea St., Quincy.

Due to the Pandemic, temperatures will be taken before you enter the hall and no walk-in donors. Appointments are required. Masks are also required.

There is a desperate need for blood. Normally only 37

percent of the population is eligible to donate and this year is even tougher. Hospitals are starting to reopen for surgeries and procedures and are in desperate need.

Contact 1-800-redcross and make an appointment today.

Contact Eileen Timcoe if you have any questions 617-479-4107, etimcoe@yahoo.com.

By SCOTT JACKSON

The new special education learning center in Wollaston will be named in honor of longtime school superintendent Richard DeCristofaro when it opens in 2021.

The School Committee on June 10 voted unanimously to dedicate the building in DeCristofaro's honor. The June 10 meeting was DeCristofaro's last as superintendent - he official-

ly began his tenure as the president of Quincy College the following week.

DeCristofaro, age 68, began working for the school system in 1974 as a fifth grade teacher and rose through the ranks to become the principal at Snug Harbor in 1987. From there he was promoted to assistant superintendent in 1993 and was appointed superintendent in 2001.

The School Committee

began the June 10 meeting by playing a video tribute to DeCristofaro. Numerous Quincy Public Schools teachers, principals and administrators appeared in the video as did members of DeCristofaro's family, including his children and his mother, Betty.

During the meeting, which was held in-person, Mayor Thomas Koch presented DeCristofaro with a

Cont'd On Page 14



RICHARD DeCRISTOFARO



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Does Sleep, Light Activity Improve Mood? - Page 9  
A Job Well Done, Crime Awareness Journal - Page 10

More Quincy news:  
**The Quincy Sun.com**



# Resistance Exercise For Adults And Older Adults

## Practical Fitness With Wayne L. Westcott

By WAYNE WESTCOTT

If you are in your 30s or 40s, you are losing approximately 4 to 6 pounds of muscle every decade unless you perform regular resistance exercise. If you are in your 50s or 60s, you are losing approximately 7 to 9 pounds of muscle every decade unless you perform regular resistance exercise.

Most men and women are unaware of this progressive reduction in muscle (known as sarcopenia) because they are concurrently adding fat, which keeps their body weight the same (or higher). They also do not realize that muscle loss is associated with a variety of health issues, including obesity, osteopenia, diabetes, hypertension, arthritis, low back pain, metabolic syndrome, certain cancers, depression, and premature demise.

Please consider the following 12 research-based reasons why adults and older adults should attain and maintain muscular fitness

through a sensible program of resistance exercise.

**Reason 1** is that muscles are essential for movement, and movement is closely associated with both quality and quantity of life.

**Reason 2** is that muscle loss is accompanied by bone loss, leading to osteopenia, osteoporosis, and increased probability of bone fractures.

**Reason 3** is that muscle loss is largely responsible for metabolic rate reduction, which profoundly affects energy utilization and fat accumulation. Muscle tissue is very active (even at rest), so less muscle means fewer calories burned and more calories stored as fat. If you do not perform resistance exercise, every pound of your skeletal muscle burns about 6 calories a day (at rest). However, if you do perform regular resistance exercise, every pound of your skeletal muscle burns about 9 calories a day (at rest). Every day, strength trained muscles burn 50 per-

cent more calories than non-strength trained muscles

**Reason 4** is that muscles are the body's largest storehouse for glycogen (sugar), and strength trained muscles enhance both glucose metabolism and insulin sensitivity. Research clearly reveals that strength training is beneficial for the prevention and management of Type 2 diabetes (and other metabolic issues).

**Reason 5** is that resistance exercise, like aerobic activity, is beneficial with respect to cardiovascular health. Resistance exercise reduces resting blood pressure (systolic and diastolic), and improves blood lipid profiles by decreasing triglyceride levels, decreasing LDL (bad) cholesterol levels, and increasing HDL (good) cholesterol levels.

**Reason 6** is that strength training accelerates food passage through the gastrointestinal system, thereby lowering the risk of colon cancer.

**Reason 7** is that resis-

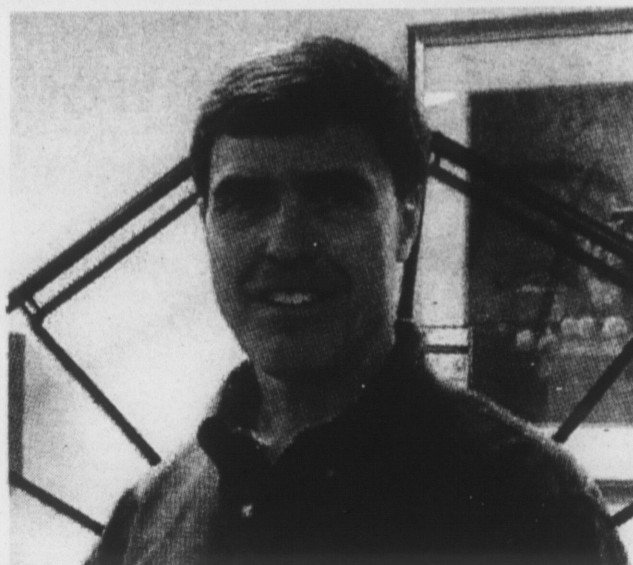
tance exercise has been shown to reduce the discomfort associated with low back problems, arthritis, and fibromyalgia.

**Reason 8** is that strength training improves functional abilities for activities of daily living, including balance, coordination, and walking speed (which is closely associated with longevity).

**Reason 9** is that resistance exercise is an effective means for improving self-efficacy, self-esteem, and mood states, as well as for reducing and reversing feelings of depression.

**Reason 10** is that strength training enhances the production of myokines, which are hormone-like substances that have a positive influence on the function of our body tissues and organs.

**Reason 11** is that strength training can reverse aging factors related to energy production. One classic study found that 6 months of regular resistance exercise transformed key



WAYNE WESTCOTT

genetic characteristics of muscle mitochondria (cellular power source) in older adults (mid-sixties) to be like those in young adults (mid-twenties).

**Reason 12** is that stronger adults and older adults have a significantly lower risk of premature death from all causes of mortality.

In many ways, muscles are similar to the engine of an automobile. Muscles are where combustion takes place, where energy is released, where power is produced, and where movement originates. Although it is equally important to have a well-conditioned cardiovascular system, muscular fitness is essential for men and women who want to experience healthy and active lifestyles.

In our research (with more than 3,000 study participants), adults in all age groups (20 years through 80 years) averaged a 3-pound muscle gain (and a 4-pound fat loss) after just 10 weeks of basic and brief strength training sessions (25 minutes, 2 or 3 days/week).

For people whose main health objective is to achieve a lower body weight, this same exercise program, along with a reasonable diet plan (1,500 calories/day for women; 1,800 calories/day

for men) and a higher protein intake (0.7 grams/pound of ideal body weight), resulted in a 14-pound fat loss and a 4-pound muscle gain in our 6-month weight management study.

If you are trying to avoid, stop, or reverse bone loss, this same exercise program enabled post-menopausal women to increase their bone density by 1 percent (as well as rebuild 5 pounds of muscle and reduce their systolic blood pressure by 10 mmHg) after 9 months of training.

If you are not presently engaged in a sensible strength training program, please resolve to meet with a fitness professional at the YMCA or a local fitness facility to learn how to properly perform resistance exercise. If you would like to become a fitness professional, please contact me for information on entering this fascinating field of study.

Wayne L. Westcott, Ph.D., is Chairperson of the Quincy College Exercise Science Department and Director of the Quincy College Community Fitness Facility. He has written 30 books on physical fitness and strength training. Wayne may be reached at 617-984-1716 or at [wwestcott@quincycollege.edu](mailto:wwestcott@quincycollege.edu).

## Woodward School Summer Enrichment Program

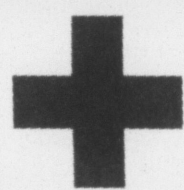
The Woodward School announces a four-week Summer Enrichment Program for girls entering grades 4-12, available July 20 - Aug. 14th.

Classes include book clubs, coding, Italian cooking, photography, exploring words, health and wellness, and A Global Questions Seminar for high school students. In addition, Summer Music at Woodward offers private voice and instrumental lessons, by appointment.

"We know many students may be looking for fun, enriching activities this summer, and Woodward has some great offerings," said the Head of School, Renee DuChaine-Farkes.

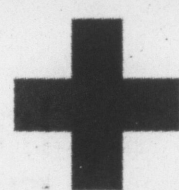
"During our rapid pivot to virtual classes, our teachers developed valuable skills around synchronous learning, to make strong connections and provide rewarding educational and enrichment experiences. Woodward has been described to me as 'high touch in a virtual learning environment' due to the way teachers keep students engaged in small classrooms. Our faculty are excited to introduce more students to new capabilities and thought-provoking activities to enhance their summer vacations."

For more information, visit the school's website at <https://www.thewoodward-school.org/SummerPrograms>.



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in honor of

\*Kelsey Taylor\*

Sponsored by  
Quincy Housing Authority

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By  
appointment  
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11:00am -  
5:00pm

Location

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or call **1-800-RED-CROSS** (1-800-733-2767)

(Limited to 2 donors per each 15 minute intervals)

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# Council OKs Re-Codification

By SCOTT JACKSON

City councillors have approved a re-codification of the Quincy's municipal ordinances, which City Clerk Nicole Crispo said would make the city's code more accessible to residents.

The council voted 7-1 in favor of the recodification on June 1. Ward 4 Councillor Brian Palmucci cast the no vote and Ward 2 Councillor Brad Croall was not in attendance for the meeting.

Crispo said she and Jennifer Manning, the council's clerk of committees, began the process of re-codifying the municipal code more than three years ago.

"This has been a labor of love for the last three or four years and I want to give a big thank you out to Jen Manning, the clerk of committees, who has done an outstanding job with me on this," Crispo said. "It started with an old, broken-down book that had fallen out pages that we took and know how important it is to the city, so we started to go through it and realized it was bigger than just the two of us.

"With that, I did reach out and find a company that could handle a city of our size and the ordinances we have and do a lot of really good work - editorial, legal analysis, a manuscript. It all

came before us, Jen and I, and we locked ourselves in the office and went through it literally page by page. We worked with every department in the city of Quincy and got some really important legal questions answered."

"I am so proud to bring it forward this evening" Crispo added. "It is revised. It is codified. It is consolidated. It is updated. It is the ordinances of the city of Quincy and how important it is to all of us and the residents of the city of Quincy."

Crispo said the newly codified code could be placed online within a week or two of Mayor Thomas Koch formally approving the measure. The code will be updated on a regular basis as changes are made to it.

"It will be up-to-date all the time," Crispo said. "We will maintain it through the clerk's office, and will we never get behind again."

As part of the re-codification, nomenclature will be updated to match changes previously approved by councillors. The terms "chairman" and "chair" will be replaced with "chairperson," for example, while references to the "Park Department" or "Park and Forestry Department" will now say "Department of Natural Resources."



**PICK UP POOL** - The Mohnkern family of Wollaston relax in a truck pool created by Sam Mohnkern to help his daughters beat the heat over the weekend. Sam lined the back of his red Ford pick-up truck parked in his driveway with heavy plastic and then filled it with some water so he and his daughters Jami and Beatrice could enjoy the warm summer weather by cooling off in this make-shift pool on Father's Day.

Photo Courtesy Lydia Martin

## Free Library Video Tutorials With Udemy

All Quincy residents with a Thomas Crane Public Library card now have access to Udemy, which provides more than 4,000 video tutorials taught by world-class instructors.

Learn and improve skills across business, tech, design, and personal interests. Courses cover leadership and management, coding, design, marketing, IT operations, data science, project

management, human resources, sales, accounting and finance, and productivity.

Download the Udemy for Business app on iOS or Google Play. When prompt-

ed for a link, type gale.udemy.com, then search for Thomas Crane Public Library. After that, users will be prompted to use a Microsoft or Google email address to make a Udemy account.

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**Due to Covid-19, Morrisette Post 294 scholarship applications have been extended until July 1st, 2020.**

**Please contact Scholarship Chairman Robert Lewis for any questions at robertlewis865@yahoo.com or cell 617-820-8968. Thanks**

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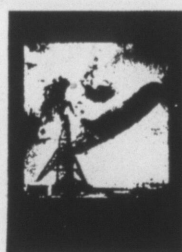
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**Moments  
in time**

THE HISTORY CHANNEL

• On **July 9, 1877**, the All England Croquet and Lawn Tennis Club begins its first lawn tennis tournament at Wimbledon, then an outer-suburb of London. Twenty-one amateurs showed up to compete in the Gentlemen's Singles tournament, the only event at the first Wimbledon. The winner was to take home a 25-guinea trophy.

• On **July 10, 1887**, a dam breaks in Zug, Switzerland, killing 70 people. The resulting wall of water was so powerful that rescue boats were ineffective, as they capsized in the roiling waters.

• On **July 7, 1917**, Britain establishes the British Women's Auxiliary Army Corps (WAAC), authorizing female volunteers to serve alongside their male counterparts in France during World War I. Some 80,000 women enlisted to perform labors such as cookery, mechanical and clerical work, and other tasks.

• On **July 6, 1944**, in Hartford, Connecticut, a fire breaks out under the big top of the Ringling Bros. and Barnum Bailey Circus, killing 167 people and injuring 682. An investigation revealed that the tent had been treated with flammable paraffin thinned with three parts of gasoline to make it waterproof.

• On **July 8, 1959**, Maj. Dale Buis and Master Sgt. Chester Ovnand become the first Americans killed in the U.S. phase of the Vietnam War when guerrillas strike a Military Assistance Advisory Group compound in Saigon.

• On **July 11, 1979**, parts of Skylab, America's first space station, come crashing down on Australia and into the Indian Ocean five years after the last manned Skylab mission ended. Skylab weighed 77 tons.

• On **July 12, 1995**, a heat advisory is issued in Chicago, warning of an impending record-breaking heat wave. When the heat broke a week later, nearly 1,000 people were dead in Illinois and Wisconsin. The temperature in the city hit 106 F with a heat index of 120 F.

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## Bill Would Help Overseas Servicemembers, Citizens Vote

U.S. Representative Stephen F. Lynch (MA-08), chairman of the Subcommittee on National Security, has introduced H.R. 7219, the Digital Overseas Voting Act, to ensure that American servicemembers and citizens residing outside the U.S. will be able to exercise their right to vote in elections.

The Federal Voting Assistance Program (FVAP) allows for all overseas mili-

tary servicemembers, their spouses and dependents, and American citizens to use a Federal Write-in Absentee Ballot (FWAB) to cast their vote in U.S. elections. Due to the implementation of widespread global travel restrictions in response to the COVID-19 pandemic, there have been significant delays in the movement of international mail, including absentee ballots and other essential election resources.

The Digital Overseas Voting Act would require all 50 states, the District of Columbia, the Commonwealth of Puerto Rico, Guam, the Virgin Islands, and American Samoa to allow U.S. military servicemembers and other overseas citizens to submit their FWAB by e-mail, fax, or postal mail in federal primary, general, special and runoff elections.

"As the world continues to respond to the coronavi-

rus, the FWAB will serve as a critical method of overseas absentee voting in upcoming federal elections," said Rep. Lynch. "There are currently 20 states and two U.S. territories that will only accept the FWAB by mail only and will not accept federal absentee ballots from overseas voters by fax or email, which poses serious risk of undermining U.S. servicemembers and overseas citizens voting in upcoming federal elections.

## Highrock Church Thanks Rapid Response Nurses

A member of Highrock Covenant Church of Quincy suggested that the church specially welcome the Rapid Response nurses coming to Massachusetts from all over the country to serve in long-term care facilities experiencing the highest rates of COVID-19.

To thank these 88 nurses and refresh them, Highrock churches and many Quincy residents joined together to send them "New England Getaway" gifts filled with treats made by local small businesses including Ginger Betty's. Highrock quoted Coach Belichick in thanking these out-of-state nurses: "Thank you for just doing your job."



JESSICA CHEN with completed gifts.



DOUG COLE delivers the gifts.

Even those nurses who are not Patriots fans were touched and grateful.



TIFFANY AND SOPHIA Comiso (Wollaston Elementary and Central Middle School) wrap gifts.



MOM GLADYS TATE and her daughter Elsa hold a completed gift.

## City Summer Programs, Clinics

Offerings Posted At [www.quincyma.gov](http://www.quincyma.gov), [www.quincyrec.com](http://www.quincyrec.com)

Mayor Thomas Koch announces the Quincy Recreation Division in the Department of Natural Resources will be offering a large complement of summer programs and clinics this July and August.

The Recreation Division has been working closely with the Quincy Health Department to develop programming protocols and guidelines to address safety during the COVID-19 pandemic. A full listing of the Summer 2020 offerings

have been posted to [www.quincyma.gov](http://www.quincyma.gov) and [www.quincyrec.com](http://www.quincyrec.com).

Quincy's annual free summer playground program will take place this year at neighborhood playgrounds throughout the city. Staff ratios will be in place to ensure compliance with COVID-19 guidelines. Health and safety protocols and hand-washing will be implemented to enhance safety for all participants. A list of summer playground locations with drop-in pro-

grams will be announced in the coming weeks.

"It is important that we provide both parents and children opportunities to return to their normal activities in a safe and fun manner," Koch said. "Our Health Department has worked closely with our Recreation Division to develop a program that will allow kids a chance to have fun while also focusing on their health. I am proud of all that we have been able to do in this area when other communities have completely cancelled their summer programming."

A full range of summer clinics to be offered include basketball, baseball, softball, cheer, dance, tennis, arts and crafts, and much more. The boating and sailing program will also continue this season with enhanced safety measures and cleaning protocols in place.

Not all clinics and programs can be offered due to COVID-19 restrictions but the Recreation Division estimates approximately 90 percent of its typical annual

programming will remain intact with enhanced safety protocols.

Quincy has been at the forefront in providing recreational and aerobic activities for its residents during the COVID-19 pandemic. Quincy has opened basketball and tennis courts as well as children's tot lots while other communities have left their facilities locked up. With the help of federal money, Quincy created a summer jobs program to help monitor park use and ensure park-goers adhered to social distancing guidelines as much as possible.

"Our parks and recreational programs are an important part of the quality of life in Quincy," Koch said. "By being progressive and creative, we have found ways to allow residents to enjoy our great park system and creative recreational programming, all in a safe manner. This is a vital step back toward providing normalcy for our young people and I hope we continue to build upon this progress."

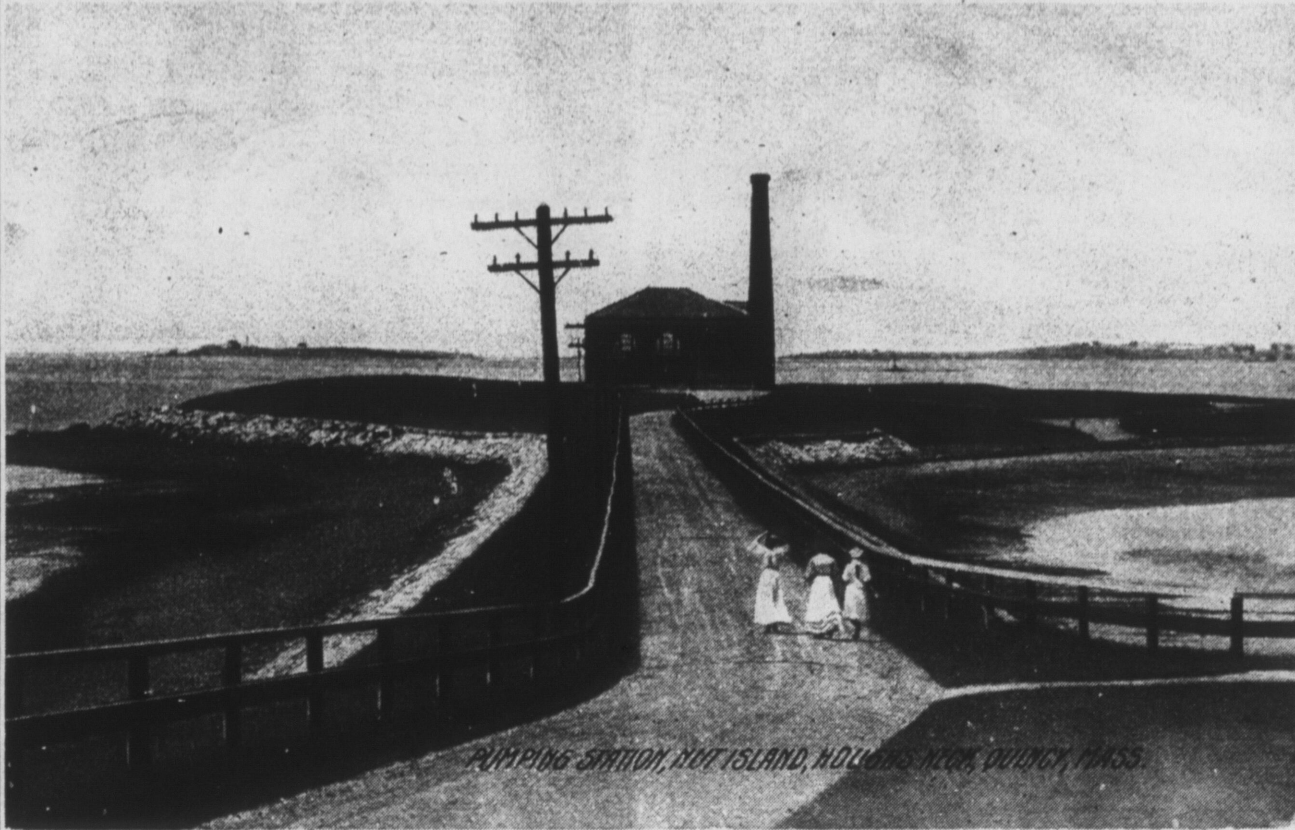
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## Scenes From Yesterday



PUMPING STATION, NUT ISLAND, HOUGHS NECK, QUINCY, MASS.

THIS OLD POSTCARD is a view of the first Metropolitan Sewerage Plant on Nut Island at the end of Houghs Neck. Built in 1901 this facility served as a screen house at the end of a new 17-mile long sewer pipe. Towns from Framingham to Quincy fed raw sewerage into the pipe and debris caught in the screens here was burned. The rest emptied into the harbor through an underwater outfall pipe. The result was a harbor filled with floating sewage and an obnoxious stench, although it apparently didn't keep these three young ladies from taking a walk. After 50 years of this intolerable situation, a new plant was built here to treat the sewerage with

chlorine before discharge. Other than its benefits to the flounder fishing industry for a number of years that solution was a failure. Even the flounder grounds were eventually destroyed by the sewage. Now more than 60 years later, there is again a new facility at this location, but the sewerage now is passed on to a high technology treatment plant at Deer Island where it is discharged nine miles out as almost pure water. Today - 119 years later - the MWRA still has a plant here, and Nut Island has become a landscaped park for joggers, strollers and fishermen. Flounder have also returned.

From the Postcard Collection of Tom Galvin

## Quincy's Yesterdays

This Week  
1990  
30 Years Ago

### Hospital Rebounding From Fiscal Woes, New Director Says

In a positive, upfront and upbeat presentation, Quincy Hospital's new director told the City Council that the hospital is rebounding from last year's financial woes while embarking upon a new image - enhancing program.

Last year the hospital operated with a \$4 million deficit. Some 200 employees had to be laid off. Officials said the deficit was caused by a decrease in the number of patients and slow reimbursements from various public insurance programs.

Hospital Director Ellen Zane said the hospital's financial future "is a hard road to hoe. However, my feeling is that we have everything at the hospital to brag about - the highest caliber of physicians and technology," she told city councilors.

#### SHEETS RETURNS TO WASHINGTON FOR DOWNTOWN FUNDING

Mayor James A. Sheets returned to Washington, D.C. with the hope of securing \$250,000 to \$500,000 in federal funding for the city's downtown revitalization effort.

Sheets visited the nation's capital two weeks ago with several other city leaders in search of federal assistance. He was scheduled to meet with Connie Harriman, Under Secretary of the Interior. Congressman Brian Donnelly and Senator Ted Kennedy were also invited to attend the meeting.

Mayor Sheets is focusing on tourism as a key component to the downtown revitalization effort. In fact, the mayor believes Quincy can capitalize on its history and become the second biggest tourist destination in the state, right after Boston.

#### QUINCYISMS

Dependable Cleaners, with three locations in Quincy, was offering: "Free \$2 In Cleaning or Laundering. Offer Expires On the Stroke of Noon, Thursday, July 5, 1990"... Barry's Deli, 21 Beale St., Wollaston, specials included: "Pearls' Pastrami, \$2.99, regularly \$4.49. Save \$1.50 on an Antipasto Salad, \$1.49, Regularly, \$2.29. Save 80 Cents"... The Agnitti Insurance Agency, 21 Franklin St., South Quincy, services included: "Registry Service, Free Notary Service, Time Payments, Full Computerization, Quotes By Phone"... The Houghs Neck Community Council elected the following officers for 1990-1991. They included: **Tom Timcoe**, president; **Mary Laing**, vice-president; **Eileen Timcoe**, treasurer; **Gay Carbonneau**, corresponding secretary. Executive Board members included: **Dan Bythrow**, **Mike Preble** and **Dave MacMillan**... **Mary Pellegrino**, 31 Bennington St., received a Bachelor of Arts degree in Art from Framingham State College... **Maria Barber**, 56R Newcomb St., was named to the spring semester Dean's List at Johnson and Wales University, Providence, RI. She is majoring in baking and pastry arts... **Ward Three Councilor Larry Chretien** presented City of Quincy citations to **Jon Hassler** and **Principal Leon Gould** of the Montclair School upon their retirement, with 38 years and 23 years, respectively... **Ellen Zane**, Quincy Hospital Director, was honored with the Member of the Year Annual Recognition Award from the Health Care Management Association of Massachusetts. Ms. Zane was recognized for the outstanding contributions she had made to the health care industry... **Donna A. Gillan**, daughter of Mr. and Mrs. Joseph Gillan, 226 Billings Rd., North Quincy, received the degree of Bachelor of Science in business administration, cum laude, from Suffolk University... **Previte's Market**, 72 Sumner St., Quincy Point, was offering: "Our Own Homemade Italian Sausage for \$2.19 a pound"... The Quincy Art Association, 26 High School Ave, was offering: "Classes Just for Kids. Two-Day Workshops and Art Classes for Eight Weeks During July and August"... The 10-year pastorate of **Rev. J. William Arnold** at Bethany Congregational Church will end with his final sermon, titled: "The Ministry of Absence." Rev. Arnold is retiring after 43 years of pastoral ministry... **Richard Weidman** of Quincy recently received a Master of Business Administration degree from Babson College. He had received his undergraduate degree in accounting from Bentley College... **Kathy Stark** of Quincy was named Female Athlete of the Year at Eastern Nazarene College... **South Shore Buick**, 50 Adams St., Quincy Center, was advertising 1990 Century 4-Drive Sedan for \$12,480... **Sea Street Auto Service**, 169 Sea St., was offering: "Oil Changes for \$19.95"... "Teenage Mutant Ninja Turtles" was playing at the Wollaston Theater, Beale St.

### QARI 2019-2020 U&I Mentoring END OF YEAR CELEBRATION



## QARI Hosts Virtual U&I Mentoring Program End-Of-Year Celebrations

By TINA HO

QARI Youth Program Assistant,  
U&I Mentoring Coordinator

On May 18th, 20th, and 21st, QARI's Youth Development Department hosted virtual U&I Mentoring Program End-of-Year Celebrations. The event celebrates the accomplishments of U&I's high school mentors and middle school mentees and acknowledges the support of Central Middle School and Atlantic Middle School faculty QARI staff, parents, and friends.

In partnership with Quincy Public Schools, the U&I Mentoring Program is in its ninth year. Serving the immigrant youth community in Quincy, the program pairs English Language Learning (ELL) middle schoolers with high school mentors. Through team building games, tutoring, and projects that build their self-confidence and conversational English skill, mentors support their mentee's transition to a new community. The mentors and U&I coordinator help mentees with their academic progress, prepare them for high school, and foster healthy biculturalism. Despite the challenges of COVID-19, the program finished strong virtually with 29 mentoring pairs.

The End of the Year Celebration highlights the growth of mentees: each presented about their mentors and spoke about the program's impact.

"The whole program is good, the mentors are really helpful. The program positively impacts our mentors too," said 8th grader Harry Yang from Atlantic Middle School. William Lau, a junior mentor from Boston College High School, said, "One thing that I will miss the most is the time I got to spend with my friends while traveling to the program and while helping our mentees with homework and projects."

Thank you to Quincy Public Schools, sponsors and adult and youth volunteers who have dedicated their time, support and energy to the program. We look forward to working with youths and building a great relationship with the community next school year!

### Eight Quincy Students On Wentworth Dean's List

Eight students from Quincy have been named to the Dean's List for the spring semester at Wentworth Institute of Technology in Boston.

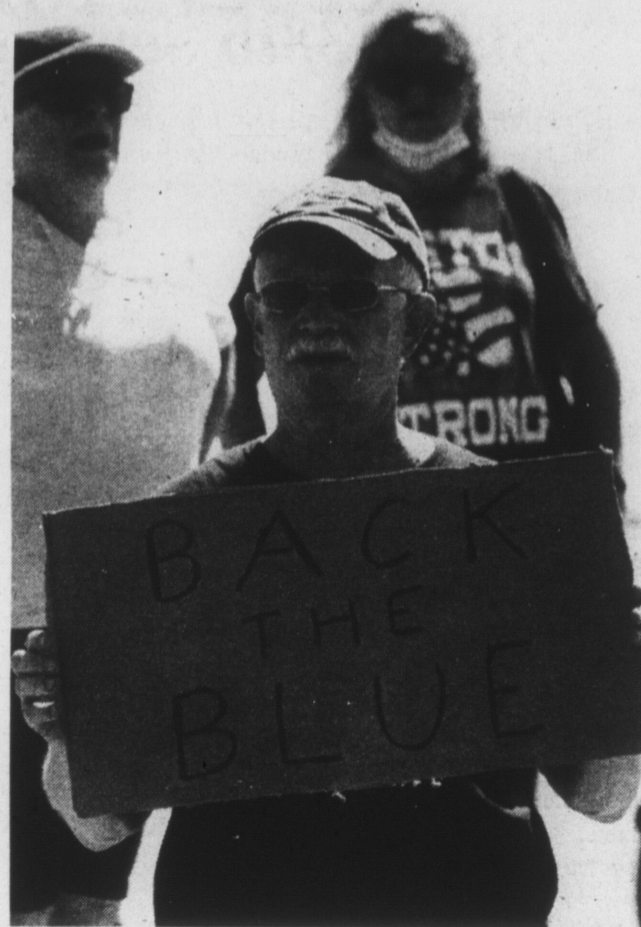
They are:

Dovi Kokou Ajavon, Eric Jian Fei Huang, Daidlithza Carballo, David Paul Toupin, Sara G. Mahmoud, Hongzhi Chen, John Henry Campbell and Maurice Barros.





DARIAN HOCKNEY, 10, honors her father, a Quincy police officer, during the Defend the Police rally at Wollaston Beach.



RESIDENTS FROM AROUND the South Shore gathered to support police during the Defend the Police rally at Wollaston Beach. Quincy Sun photos/Tom Gorman

## Over 100 Turn Out At Defend The Police Rally

Cont'd From Page 1

forcement and the service you provide every day," said Lauren Koch in welcoming those to the rally.

Mayor Thomas Koch spoke to the gathering and said he appreciated the support being shown to law enforcement.

"Right now, our police forces have really been under not only verbal attack that we've seen across the nation," he said. "Ninety-nine percent of our officers do the right thing day in and day out. I would suggest in Quincy it's 100 percent."

Referring to the killing of Weymouth Police Sgt. Michael Chesna in Weymouth two years ago, Koch said that officers' families deal with much stress fearing for their safety.

"I know the sacrifices of the families of police officers...the loved ones of police officers go through great anxiety thinking of what could happen to their loved one," he said. "There's real potential for loss of life and

danger. But worse right now I think to their anxiety, is the attack on the complete police department in our country. I think it's important to do what we're doing today so our officers know we're standing with them and that we're providing every resource they need to keep us safe."

The mayor denounced nationwide calls for abolishing police.

"Think of the asinine argument to do away with police departments," he said. "When you pull out the (police) log each day, we could show you the department responding to the people in need every day."

Koch referred to police dealing with such calls as domestic violence and how they handle them.

"What these officers witness each and every day is in many ways the worst in humanity and they do it day in and day out with class and respect for everyone," he said.

Cont'd On Page 11



THERESA MCCARTHY, whose husband and son are police officers, shows her support for police during the Defend the Police rally at Wollaston Beach.

### Be Careful What You Wish For Or Say

#### READERS FORUM

Many are demanding that police departments be defunded or be abolished all together.

First, I'm against abolishing all together. If there was no police, everywhere would be a "Wild West", with just about everyone carrying a gun; each community having its own set of "laws"; no one group to reliably depend on for safety and protection.

I could see a dismantling and rebuilding of a police dept., for example, in Camden, New Jersey, but dis-

banding...it would be dangerous.

Secondly, I would favor defunding a police department, in which substantial amount of funds are diverted to more social programs for the neediest. But even then, we need to be careful of what police programs would be slashed. Community policing to me is a necessity.

Also, programs that have both police and community

members joining in social gatherings (barbecues, ice cream festivals, sports) is vital in having both sides build trust and respect for one another. Defunding would not be a clear cut solution, and would take a lot of input from both sides.

Lastly, not all police departments and police personnel are monsters. Many men and women from all backgrounds entered the profes-

sion to help their communities, and right what they saw was wrong. Of course, no police department is perfect. Police department "A" is probably better than department "B" and police department "B" could be better or worse than department "C", and so on, but please avoid making general, negative, broad statements, putting all police departments in one "monster" group.

Be careful of what you wish for or say.

Gene Lee  
Quincy



MAYOR THOMAS KOCH addresses the Defend the Police rally at Wollaston Beach.

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# Quincy Farmers Market Starts 38th Season Friday

By JANET LITTLE  
Market Manager  
Quincy Farmers Market

Inspired by the fortitude and resilience of the Finnish immigrant founder of the Quincy Farmers Market Anneli Johnson, the market plans to launch its 38th season as is traditional on the last Friday of June, the 26th.

Same park, different position – now in the South West parking bay of Pageant Field in Merrymount Park at the start of the Southern Artery. It overlooks Quincy Bay across the Black's Creek estuary where we watch hawks and eagles above, hunting for their own dinner. As they navigate the regulatory slings and arrows of the pandemic, we will have our battle with the disruptions of the traditional market in the shade of the majestic trees of this historic property granted to the city by the Adams' family. There will be a new design – streamlined, fast, and super-safe experience – pre-order and drive-through pickup, about one to a few minutes per vehicle. Shorter hours, too – from 1-4 p.m., to give the farmers time to assemble some of the orders before they leave their farm.

Some new vendors and products, but baked goods, artisanal products and prepared foods may be added as the regulating agencies determine guidelines, policy and timing.

The season begins with "essential" agricultural vendors – fruits and vegetables, eggs, microgreens and mushrooms, seedlings and potted plants, honey, grass-fed beef and chicken. A key point about this market, in contrast to other shopping experiences, is it is a "producer-only market" – the

person handing you their product has been intimately involved in producing that product. They are one of the farmers, sometimes even the owners of the farm – there to guarantee the provenance, that is the origin and chain of custody of what you are buying. Also note that this is a source of food touched by the fewest hands – save growing things yourself.

The full complement of vendors may return in phases. But first, we must demonstrate that the market can enlist the cooperation of our patrons to learn together to abide by Public Health guidelines in a stellar manner that makes it without question the most compliant type of social event that exists in the city.

To engage us in this new context around that which is most local, that which is most safe, and that which helps build regional resilience, visit [www.quincy-farmersmarket.com](http://www.quincy-farmersmarket.com) to find out how to pre-order and pickup. You will order from each farmer / vendor individually and pay them individually as well.

The produce farmers, Stillmans Farm of New Braintree and Freitas Farm of Middleborough, are beginning the season by selling pre-packaged bags of produce, at several different price points. There will usually be a choice of add-ons to the pre-order on site at the market. A new farmer this year, Andy from Charles River Farm in Franklin will bring potted plants, mushrooms, microgreen and a selection of vegetables. Mao's Microgreens from Braintree will have a variety of microgreens both packaged and potted. Erin from Stoney Creek Farm in Swansea will be selling her grass-fed

beef and chicken. Golden Rule Honey will return from Leominster. Laurie brings a variety of local honeys as well as honey from apiaries involved in research about the colony collapse disorder. From Pembroke, Mike's Farm will bring free range eggs.

When you arrive at Pageant Field on Fridays between 1 p.m. and 4 p.m. you will drive up Veterans Memorial Drive and around to the north side of the southwest bay of the parking lot. You will provide your name. Stay in your car. Unlock your trunk. Wear a mask. Proceed through the market. Stop at the vendors to get your products.

We also call on people to plant a 'Victory Garden'. Join us to build resilience. Get some seeds, seedlings or potted patio plants. Plant something. Grow some food. Put your hands in the dirt. Get used to it. Do something to get back in touch with the earth that can support you and your neighbors.

This year's market requires a lot more man power. We are looking for volunteers to help with fencing the drive thru, which is required by state regulations; we have to put up and take down a plastic mesh fence each week.

We also need volunteers to monitor the operations, entrance and exit, as well as translators to be on call by phone—especially Cantonese, Toisanese, Mandarin, Vietnamese, Central Thai, Portuguese, Spanish, Russian, Albanian, Arabic, and Hindi speakers.

Contact us at [janet.little@comcast.net](mailto:janet.little@comcast.net) or call 339-225-2607 if you can help.

## Mary Katherine Whitley On SNHU Dean's List

Mary Katherine Whitley of Quincy has been named

to the Dean's List for the winter term at Southern

New Hampshire University in Manchester, N.H.

## Two Students On Becker College Dean's List

Two students from Quincy have been named to the Dean's List for the spring semester at Becker College.

They are:

Joshua Gauyo who is pursuing a Bachelor of Arts degree in interactive media design, game production & management concentration.

Louis Wong who is pursuing a Bachelor of Arts degree in integrated graphic design and media.

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## Social

Home  
May 7



MELINDA ADAMS, the librarian at the South-West Middle School, recently sent postcards to each of the school's 400 students as a way to reach out to them amid the coronavirus pandemic. She set about calling and emailing stores to purchase postcards but wasn't having much luck. Her luck changed when she contacted Chris Brown, the owner of Humarock Gifts, who immediately said she would give every postcard she had in her store! Not only did she give Melinda the postcards, but she also gave every stamp she could find! But there just was not enough to send to every student, so Melinda was about to give up, until she contacted the Executive Director of Plimoth Plantation, Ellie Donovan, who without hesitation gave her 300 postcards so that she would now have enough to send one to each student.

Courtesy Photo

## Five Residents Earn Degrees At Lasell University

Five Quincy residents recently earned degrees at Lasell University in Newton.

They are:

Riley Driscoll, BA in

communication; Timothy Gilgallon, BS in athletic training; Kelly O'Connor, BS in accounting, Karen Urdaneta, magna cum laude

BA in sociology; and Valencia Vixama, BA in fashion communication & promotion.

## Samantha LaPierre Inducted Into Honor Society

Curry College announces Samantha LaPierre of Quincy has been inducted into

Lambda Pi Eta, the official communication honor society of the National Commu-

nication Association.

LaPierre was one of 15 students inducted at the end of the spring semester.

## Two Students Inducted Into Alpha Phi Sigma

Two students from Quincy were recently inducted into Alpha Phi Sigma, the National Criminal Justice

Honor Society, at Curry College in Milton.

The students are Jaclyn Donahue and Daniel Clark.

Lambda Alpha is the Curry College Chapter of Alpha Phi Sigma, the National Criminal Justice Honor Society.

## Jamie Meade Inducted Into Alpha Gamma

Curry College announces Jamie Meade of Quincy has been inducted into Alpha Gamma.

Meade is one of 12 stu-

dents inducted this year.

Alpha Gamma, Curry College's chapter of Alpha Kappa Delta was founded in 2018. Alpha Kappa Delta,

the international honor society in Sociology, was founded in 1920 at the University of Southern California by Dr. Emory Bogardus.

## Four Students On SNHU President's List

Four students from Quincy have been named to the President's List for the win-

ter term at Southern New Hampshire University in Manchester, N.H.

They are:

Nha Ho, Anna Laugelle, Daniel MacIsaac and Jiajie Mai.

## Shaylee Bean On New Haven Dean's List

Shaylee Bean of Quincy has been named to the Dean's List for the spring semester at the University

of New Haven in West Haven, CT.

Bean, a student in the

College of Arts and Sciences, is working on a bachelor of science in biology.

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## Step Two Of Phase 2 Business Reopening Now Underway

By SCOTT JACKSON  
Bay State restaurants could start offering table service indoors and offices can bring back more workers beginning this past Monday (June 22).

Close-contact personal services such as nail salons and tattoo parlors can also re-open, and customers can start using fitting rooms at retailers by appointment only.

Gov. Charlie Baker on June 19th announced the second part of phase two of his plan to re-open Massachusetts businesses could begin because of the state's continued progress to stop the spread of COVID-19.

"The commonwealth has made significant progress to reduce the spread of COVID-19 and to reduce the number of residents requiring hospital-level care," Baker said, noting that the positive test rate has fallen 92 percent since April and

fewer than 1,000 residents were hospitalized.

The governor also urged Massachusetts residents to continue taking steps to stop the spread of the virus, including social distancing, frequent handwashing, and wearing face coverings when necessary.

"COVID will continue to be with us until there is a medical breakthrough, but the tremendous progress we have made proves that these things do work, and we can contain the virus," he said. "This is how, over time, we contain the virus and continue to open at the same time."

While Massachusetts has made progress in containing the coronavirus, outbreaks have occurred in other states in recent weeks.

"We should keep in mind that COVID doesn't take the summer off. We cannot and should not become complacent. Recently, other states

have seen increases in cases and in hospitalizations," Baker said.

"The progress we are making here in Massachusetts demonstrates that if we are vigilant and disciplined, we can do both — we are re-opening and containing COVID, but it only works when everybody does their job."

Restaurants had been limited to carryout and delivery when the outbreak began in March and were given permission to offer outdoor dining when phase two began on June 8.

New rules for restaurants require tables to be spaced six feet apart and limit parties to six people or fewer. Customers must also wear face coverings when entering and exiting a restaurant and when moving around inside them but can remove them once they are seated.

Non-essential offices were required to close in March and were allowed to

re-open at 25 percent capacity when phase one began in May. Starting Monday, offices can operate at 50 percent capacity, but state officials urged businesses to allow employees to continue working from home.

"To the extent that companies can continue to support their workers as they work remotely, we highly encourage them to do so," Baker said.

"It's not easy for many to work from home, especially with kids and other distractions, but it is incredibly helpful in reducing the spread of COVID and it also leaves transportation venues open to those who have to go to a physical place of employment."

The state's executive branch employees who have been working from home will continue doing so, the

governor added.

Some personal services, including barber shops, pet grooming and car washes, had been allowed to re-open in phase one while others like tutoring and window washing were included in the start of the second phase. Those allowed to re-open on Monday include nail and skin care, hair removal and replacement, message therapy, makeup salons, tanning salons, tattoo and piercing services, and personal training.

Retailers were allowed to offer curbside pick-up when phase one began and customers were allowed back in stores, at reduced capacity, when phase two began. Fitting rooms can now be used, by appointment only, starting Monday.

Baker on Friday also said the earliest date phase three

of the re-opening plan could begin is July 6.

"We want at least two weeks of data on indoor dining," he said.

Phase three tentatively would include museums; indoor historic spaces; aquariums; casino gaming floors; outdoor and indoor theaters and performance spaces of moderate capacity; sightseeing tours like harbor cruises and bus tours; gyms and fitness centers; and indoor recreational facilities.

Larger venues — like stadiums and arenas — will not be allowed to open until phase four. Amusement parks are also included in the fourth phase along with bars, beer gardens, wineries and distilleries that do not offer food service. Road races, parades and street festivals could not be held until phase four either.

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### WHAT'S COOKING

with  
**Marie & Susie**

By MARIE D'OLIMPIO and SUSIE FALCO



### Chicken Squares With Mushroom Sauce

By MARIE

Today's recipe for chicken squares is one I first made a while back. I have also made these delicious squares using sausage, so you can take your pick and choose whichever meat that you prefer.

Pre-heat oven to 350 degrees — grease a 9 x 9 baking dish or pan

#### RECIPE AND INGREDIENTS:

2 cups soft breadcrumbs (I used panko)  
2 cups chicken broth  
4 eggs, beaten  
1/3 cup chopped celery  
1 small onion, chopped  
1/2 cup red pimentos (you buy these in a jar)  
1/4 teaspoon salt  
1/2 teaspoon Bell Seasoning  
3 cups chicken, cooked thoroughly and chopped  
1 cup of long-grain rice, cooked

Note: If you are using sausage use about 4 or 5 sausages

Combine all of the above ingredients in a large bowl until well blended.

Turn mixture into 9 x 9 pan.

Bake in a 350-degree oven for 40 to 50 minutes.

#### MUSHROOM SAUCE

1-pound package of sliced mushroom  
1/4 cup sherry  
2 tablespoons low sodium soy sauce  
2 tablespoons olive oil  
1 teaspoon of flour

In a small sauté pan, heat the olive oil, place in the mushrooms and turn and stir for a couple of minutes, then add the sherry and soy sauce and 1 teaspoon of flour and salt and pepper to taste.

Cover and simmer on low heat and set aside.

When squares done, cut and top with mushroom sauce.

### Mexican Style Quinoa

By SUSIE

Many times I hear from patients that they do not like quinoa. When we start discussing it, it usually, if not always, ends up that they simply boil it in water and plop it on a plate!

You wouldn't serve rice or pasta that way and expect it to taste good.

Here is a great and easy recipe for a quinoa dish that everybody loves. It is flavorful and packed with nutrients.

Quinoa is an ancient grain of the Peruvians who used the grain for stamina and energy. It is very easily digested as well.

2 tablespoons olive oil  
1 cup uncooked quinoa, rinsed well and drained (it must be rinsed to avoid a bitter taste)  
1 medium onion, chopped

3 cloves garlic, minced  
1 red pepper, chopped  
1 can tomato sauce (8 oz)  
2 1/2 cups broth (I use chicken or vegetable)  
2 tsp chili powder  
1 tsp cumin  
sea salt  
fresh cilantro, avocado, salsa for topping

Simply sauté onion, pepper, and garlic in a saucepan until fragrant. Add quinoa and toss to coat for a few minutes. Now add the broth, tomato sauce, and dried herbs.

Stir, cover, and simmer until liquid is absorbed, about 15 minutes.

Season to taste with sea salt and toss with cilantro.

Serve with sliced avocado and salsa. Enjoy!

## Quincy CAN Urges Government To Adopt Climate-Friendly Policies

Dear Editor,

Environmental lawyer and Boston College Law School professor Zygmunt Plater recently remarked that government and individual responses to the coronavirus pandemic show that actions "that may have seemed radical in the very recent past now seem necessary for societal survivability." In that way, Plater said, the pandemic and our responses to it should give us a new way to look at the actions we need to take against climate change.

Quincy Climate Action Network agrees with Plater that both crises require novel and multipronged responses, and yet the actions required to fight climate change, while numerous and varied, aren't nearly as radical as what societies have done in the last few months. Compared to closing down economies or staying shut up in our houses, climate solutions are generally painless. Indeed, many will improve our quality of life, by cleaning up the air we

breathe, lowering out utility bills, saving us money at the gas pump, increasing the comfort of our workplaces and homes, and fueling the growth of well-paying jobs in green energy.

Even as we struggle with the pandemic, QCAN continues urging governments to adopt climate-friendly policies. On the federal level, this could mean things like rejoining the Paris Climate Accord and unfreezing the stalled approval process for offshore wind developments such as Vineyard Wind. On the state level, it might include a rapid conversion of the MBTA bus fleet to battery electric buses. Locally, it could include acquiring the more-efficient hybrid cruisers for use by the Quincy Police Department and amending the city's plastic bag ban to encourage adoption of reusable bags.

We also urge our neighbors to take steps to reduce the energy footprint of their businesses and living spaces. You can start by scheduling a free energy as-

essment for your house or apartment. No-touch online assessments are available during the pandemic, and incredibly, they come with an offer of up to \$15,000 of free insulation if you set up your assessment by July 31. (Call 1-866-527-7283 to set up an assessment or for more information.) Even small steps like line-drying clothes or observing meatless Mondays can help us save the planet while saving money. Solutions like these will also help right the wrongs done to people of color and poor people, who suffer disproportionately from pollution and stand to suffer the most from climate change.

While we're only just learning how to extinguish the coronavirus, we have known how to fight climate change for years. It isn't that hard, and in Plater's words, it's "necessary to societal survivability," so why not just commit to doing it?

David Reich  
Board Chairperson  
Quincy Climate  
Action Network

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# Does Sleep And Light Activity Improve Our Mood?

A Message From Ruth Jones, City Of Quincy Health Commissioner

By RUTH JONES  
MSPH, BSN, RN,  
BC, CP-F

There is an abundance of evidence suggesting that a sedentary lifestyle is less beneficial to good health than a physically active one. For the moment, COVID-19 restrictions have made it more difficult for many people to remain active or even begin to exercise. Some of the current situation is a reflection of many people working at home, however some of it is by choice, such as the hours we eagerly allocate to TV binge-watching.

The negative effects of time spent sedentary are acquiring significant attention. Undeniably, time spent sedentary, such as awake, in a seated or reclining posture, and with little energy expenditure, is commonplace, with U.S. adults spending 75% of their waking hours and 90% of their leisure time inactive.

Not only is total sedentary time correlated with poor health, but the latest data suggest that sedentary time accrued in prolonged sessions, such as those lasting longer than 30 minutes, may perhaps be particularly

harmful. In view of the high prevalence of sedentary activities and their consistent associations with mortality and cardiovascular disease, depression, anxiety and stress, prolonged sedentary time is especially concerning from a public health perspective. Reducing sedentary time may be an important objective for improving health.

A new study, published in the American Journal of Preventive Medicine suggests effective and somewhat surprising ways to spend our spare time that could also benefit our health. The research finds that going to bed or doing light tasks around the house helps your mood more than staying on the couch. The study suggested that replacing sedentary screen time with other activities may improve mood and body mass index.

Additionally, the research suggests that moving from the couch to the bed, and to sleep is more energizing than spending hours sitting in front of a screen and the same is true of doing light housework. The findings arrive at a particularly

useful time for those struggling to feel good during the COVID-19 pandemic restrictions.

Lead author Jacob Meyer of Ohio State University (OSU) in Columbus, pointed out that with all that is happening presently, this is one thing we can control or manage, and it has the potential to benefit our mental health.

According to the researchers, previous studies have shown that adults in the United States normally spend the majority of their waking hours sedentary. Since COVID-19, even active adults have seen their activity levels decrease by about 32%, according to preliminary data the researchers released in May. During quarantine, and after a day's work, people may find themselves seeking restorative activities within their four walls, and engagement in online entertainment may seem like an appealing form of escape. The new OSU study suggests, however, that there are healthier options that people can simply work into their quarantine schedules. Study authors remind us that

it may be easier for people to change their behavior if they feel it's easily accomplished.

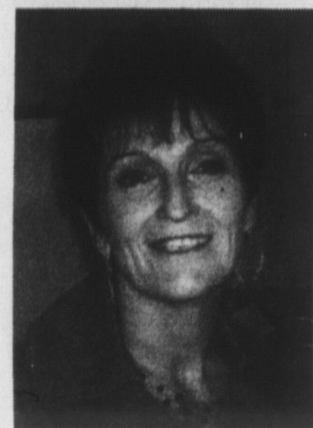
The first of the study's conclusions is that people should turn off the TV and simply go to bed for the night. The researchers correlated getting more sleep with feeling less stressed, enhancing mood, and even having a lower body mass index (BMI). They also connect a lasting reduction in BMI, as well as improved mood, with some light activity performed around the home. While previous studies, as well as this study document the value of moderate-to-high levels of activity, Meyer and his colleagues observed real benefits even from less demanding activities, such as walking around as people converse on their phones, or standing as they prepare dinner. Though not perceived as exercise, these activities do more for you than merely being sedentary, the researcher maintains and light activity, though much lower intensity than going to the gym, may have an impact.

The OSU study analyzed

data from the 2010-2015 Energy Balance Study at the University of South Carolina. It utilized 423 participants ranging from 21 to 35 years of age, with BMI values of 20-35.

To accurately track participants' activity levels, the researchers provided each a SenseWear armband, which is an activity tracking device, to avoid inaccuracies that could result from self-reporting. Each participant was monitored for 10 consecutive days for 24 hours a day, except during water-based activities, such as bathing or swimming. Individuals recorded any periods without wearing their armbands, as well as their activities during those times.

A follow-up exam a year after the study revealed the continuing benefits of replacing time spent sedentary with light exercise. Participants' moods were self-reported using the Profile of Mood States. Cohen's 10-item Perceived Stress Scale measured their perception of stress. Three height and weight measurements, on average, were obtained for each person to determine



RUTH JONES

their BMI.

The data acquired from this study correlated extended periods of sedentary behavior with poorer health and mood and moderate-to-high levels of physical activity with beneficial health and mood benefits. Additionally, it also revealed that light exercise and sleep have value. Researchers were pleasantly surprised at the positive effect of light exercise, particularly, its long lasting effect.

Bottom line, even sleep may be better than just sitting around, and the implication may well be that if you plan to just sit around do nothing, you might as well go all the way and take a nap.

Ruth Jones is the health commissioner for the City of Quincy.

## BID-Milton Resumes Elective Surgeries, Procedures, Clinic Visits

### Hospital Launches Safe Care Initiative

Beth Israel Deaconess Hospital-Milton (BID Milton), part of Beth Israel Lahey Health (BILH), has resumed non-urgent, elective surgeries, procedures and clinic visits following the state's phase 2 lifting of restrictions due to COVID-19. BID Milton also announced the launch of BILH Safe Care, a set of rigorous standards to protect the health and safety of patients, visitors and staff.

As part of the state's phased re-opening plan, BID Milton is again providing a broad range of elective inpatient and outpatient procedures and services, including joint replacement

surgery, routine screening mammograms, colonoscopies and patient visits in the Center for Specialty Care. Patients should contact their primary care provider or specialist for more information and to schedule an appointment.

"Our dedicated caregivers and staff continue to stand ready to meet the health care needs of our patients and community," said Rich Fernandez, president of BID Milton. "As we return to providing the in-person services our community needs to remain healthy, we have implemented a comprehensive, best-practice safety program to protect

our patients and staff."

Now in place at BID Milton, BILH Safe Care combines new processes, standards and technologies to promote patient safety, including:

- A three-point symptom check to confirm patients are not experiencing symptoms of COVID-19 before their in-person visit, as well as daily symptom checks for staff;
- Universal masking requirements for patients, escorts and staff;
- Enhanced cleaning and disinfection of exam rooms, high-touch areas and common spaces; and
- Redesigned spaces to

accommodate social distancing and safe pedestrian traffic flow.

BID Milton also offers telehealth options for many specialty areas, as well as primary care. To learn more about the hospital's telehealth options, please visit [www.bidmilton.org/for-patients-and-visitors/telehealth-services/](http://www.bidmilton.org/for-patients-and-visitors/telehealth-services/)

"We know members of our community have a lot of questions about in-person health care visits," said Sheila Barnett, MD, chief medical officer at BID

Milton. "We want our patients to know that seeking care - whether for a routine check-up, preventative testing or an emergency - is important, and BID Milton has

taken all the steps necessary to assure your safety."

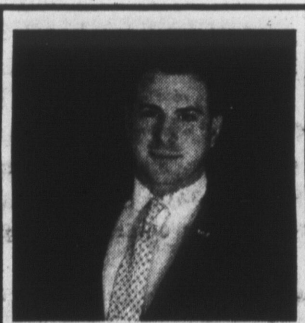
For more information about the BILH Safe Care Plan, visit [www.bidmilton.org](http://www.bidmilton.org).

### HELP WANTED

#### HELP WANTED - ADMISSIONS CLERK

The Quincy Housing Authority has an employment opportunity for an Admissions Clerk in its Tenant Services Department. The incumbent will work with applicants, residents and managers to process applications and select applicants for housing utilizing the state requirements and the CHAMP database system. The applicant will help resolve problems that arrive in connection with housing applications. The incumbent is responsible for processing applications for housing; determining income eligibility; preparing applicants for occupancy; and maintaining complete and accurate records of applicant, unit and waiting list information. He/she must be able to understand regulations and statutes relating to housing admissions, occupancy, and work with numbers and statistics. The incumbent must be computer literate in word processing, spreadsheet and database programs; have good writing skills, customer service skills and be able to perform under pressure. General office experience is required, along with two years of college education in human services related subjects or three years experience in a related position required.

Please submit an application and resume to Terry Champion @ [tachampion@quincyha.com](mailto:tachampion@quincyha.com) by 4:00 p.m. July 8, 2020. Salary is \$44,207.80 and the position is part of the AFSCME bargaining unit.



Armando Agnitti, Esq., CISR  
Anthony Agnitti, CIC, LIA

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On Tuesday, June 16, at approximately 3 a.m., Officer Folan responded to 40 Washington St. on a report of a parked van playing loud music. The reporting person stated the van was parked in the parking lot of the Thomas Crane library on the Spear Street side of the building.

Officer Folan arrived on scene and observed a white male sitting in a van with Thomas Crane Library markings on the side. As Officer Folan exited his cruiser and approached the van, he could hear music emanating from the cab area. The vehicle did not appear to have the engine engaged and actively running. He went to the driver's side of the vehicle and the man inside first lowered the vehicle's radio volume then opened the door and remained seated.

Officer Folan asked the man why he was seated in a city-owned vehicle at this time of night. The man stated "My Buddy let me in." Officer Folan asked the male if he could identify his "buddy" by name. The male responded by stating "you know who he is." Officer Folan informed the male he no idea as to the identity of his "buddy."

While speaking with the male, Officer Folan noticed he was holding a glass beverage bottle. The male stated, "That's my friend Thomas Crane." Officer Folan asked the individual if he had identification which he responded "no." He requested the individual to exit the vehicle and noted that his demeanor changed.

He started yelling, "I'm Angel Mother F#@&!r" and "I'll f#@k you up." The individual became even more volatile and stated, "You want to fight me." Officer Folan advised him that he did not want to fight anyone.

Due to the individual's increasing agitation and volatile

## A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS  
Public Information Officer  
Quincy Police Department

behavior, Officer Folan requested backup. The male suddenly leaped out of the van while holding the glass beverage bottle. He then took a fighting stance while holding the bottle in a defensive manner and stated, "I'll bash your head in Mother F#@&!r."

Officer Folan then withdrew his baton. The individual charged toward Officer Folan while holding the bottle and screaming "I'll f#@k you up." Officer Folan took a step back holding his baton in a ready position. He repeatedly instructed the man to drop the bottle and stay back. Officer Folan held his left arm out to create distance between himself and the male, who kept charging and then backing off.

At one point, the individual grabbed Officer Folan's left hand. He used enough force that when Officer Folan pulled away, his glove was removed. The individual then attempted to kick Officer Folan while yelling, "I'll bash your head in."

The individual came at Officer Folan holding the bottle in a menacing manner. Officer Folan then struck the individual with his baton in the thigh area of his leg two to three times. The individual moved to Officer Folan's right side and brought the bottle around in a swinging motion. Officer Folan conducted a baton strike to the individual's hand, in an attempt to disarm the man. The bottle fell to the ground

and smashed.

The man appeared to be even more enraged and continued to make threats to harm Officer Folan. He then raised his hands in a closed fist manner and Officer Folan deployed his OC pepper spray. The OC spray had an effect and the individual covered his face and began to walk away. He walked approximately five feet and then stopped and bent down.

At this time Officer Fish had arrived and officers attempted to place the male into custody. The individual began to actively resist while yelling profanities at the officers. Officers were eventually able to place the individual under arrest as he continued his combative behavior. He was transported to Police Headquarters by Officer Fish. An ambulance was requested to respond to Police Headquarters to provide aid to the man for the exposure to the OC spray.

Officer Folan examined the van and observed damage to the interior of the cab. The sun visor appeared to have been forcibly removed from its base and was now resting on the passenger seat. The vehicle's directional lever appeared to have been broken off and was separated from the steering column. The vehicle's rear view mirror and its housing mount appeared to have been forcibly removed and were now resting on the passenger seat.

The 40 year-old male from Quincy was charged with assault and battery on a police officer, assault by means of a dangerous weapon (bottle), breaking and entering a motor vehicle in the nighttime, and defacing or vandalizing real or personal property.

Great job!

# QUINCY POLICE CRIME AWARENESS JOURNAL

## FRIDAY, JUNE 12

**BREAKING AND ENTERING/PAST (dwelling), 12:36 a.m., Kidder Street.** Serviced. Caller states happened 15 minutes. Caller states that garage windows busted in and the party was not there when he went out. Caller states he did not see who did this.

**LARCENY/MOTOR VEHICLE (overdue vehicle), 12:59 a.m., Water Street.** Caller wants to report her vehicle stolen. States she lent it to her BF who was supposed to return it at 9:30 p.m. last night. States that when he didn't return she called him and an unknown male answered his phone stating that he had been an MVA somewhere in South Boston but didn't know where exactly and was being taken to a hospital but didn't know which one. Reporting party called Boston and State Police who stated they have no records of a MVA. She also called area hospitals who state he is not there. Caller concerned vehicle is stolen at this point due to not being able to get in contact with him. Report to be filed for use without authority.

**VANDALISM/PROPERTY (mirror), 10:29 a.m., South Shore Car Wash, 384 Centre St.** Reporting party states he is trying to speak to staff regarding broken mirror from car wash but there is a language barrier. Reporting party requests to speak with an officer. Damage caused by the car wash. Civil matter.

**LARCENY/MOTOR VEHICLE (overdue rental), 10:35 a.m., Enterprise Rent A Car, 500 Adams St.** Reporting party in police lobby. Stolen MV report signed, entered. Waiting for rental agreement to be faxed by employee of Enterprise Rent A Car. Called, spoke with second employee to get information for overdue rental to enter stolen MV. Suspect added for field.

**LARCENY/ATTEMPT (false identity), 10:44 a.m., TD Bank, 323 Hancock St.** Reporting party states that male came through and attempted to cash check. When confirmed he was not account holder, male fled. Staff member has information to file.

**LARCENY (laptop), 7:57 p.m., United First Parish Church, 1306 Hancock St.** Approximately one hour ago; occurred outside. Reporting party left it unattended for a moment and came back to it missing.

**ASSAULT AND BATTERY (head bleeding), 9:11 p.m., 375 Washington St.** Male fell in parking lot. Additional caller reports party got knocked out. Unknown further. Brewster Ambulance, one to South Shore Hospital.

## SATURDAY, JUNE 13

**VANDALISM/PROPERTY (cutting flowers), 11:43 a.m., 1350 Hancock St.** Gone on arrival. In front of city hall; cut flowers and made a small bouquet. Female walking to MBTA - happened a few minutes ago. Caller hung up; reporting party phone is now off. Gone on arrival.

**BREAKING AND ENTERING/PAST (dwelling), 1:29 p.m., 1000 Southern Artery.** Damage to door; no b&e, no damage to the door. Party advised.

**LARCENY (package), 1:34 p.m., Merrymount Road.** 782 responding to address. Serviced.

## SUNDAY, JUNE 14

**LARCENY (black bicycle missing), 3:18 p.m., 175 Quincy Shore Dr.** Kept in rear vestibule hallway with other tenant's bikes with turquoise logo - a Trek brand. Was taken sometime this week. Reporting party will speak to landlord to see if any video.

**LARCENY (medication), 5:31 p.m., 91 Clay St.** Reporting party states she has visiting nurses assist her with medication. Now numerous medications are missing.

## MONDAY, JUNE 15

**LARCENY (passport and green card), 6:55 a.m., 175 Centre St.** Caller states that he called two months ago when this first happened and spoke to someone whom he can't remember to make a report and was told he couldn't because of the COVID crisis. This happened two months ago. Caller now lives in Penn. Caller states that his roommate took his passport, green card and other non-vital personal items such as TV and clothing. Would like an officer to call him so he can make a claim. Larceny report to be filed.

**LARCENY (package), 5:21 p.m., Granite Street.** Language barrier, 783 coming in to translate. Serviced.

**ASSAULT AND BATTERY (head injury), 7:18 p.m., Hancock Street.** Outside, male bleeding from head. Caller very uncooperative. Transferred to Brewster. Approximately 40 year-old male is awake, sounds like he is trying to get up. Injury possibly from a disorder. Suspect black male,

black pants, turquoise jacket. MBTA and City Hall plaza checked. Suspect gone on arrival. Report to be filed. One to Quincy Medical Center.

**ASSAULT AND BATTERY (female), 9:01 p.m., Fifth Avenue.** Large group of kids jumped a female party. Female was punched in the face. Mother on scene and declining EMS on behalf of her daughter. Report to be filed.

**VANDALISM/PROPERTY (burglar alarm), 9:47 p.m., Hajjar Clothing Co., Inc., 513 Quincy Ave.** Window is shattered in the front. Keyholder contacted from business field number.

## TUESDAY, JUNE 16

**VANDALISM/PROPERTY (car was keyed), 10:40 p.m., Billings Street.** Keyed down both sides.

**VANDALISM/PROPERTY (broken windows), 3:55 p.m., Marshall School, 200 Moody St. ext.** Serviced.

## WEDNESDAY, JUNE 17

**LARCENY (pocket book), 1:53 p.m., Quincy Center Plaza, 1385 Hancock St.** Party was sitting on bench in front of above address and when she got up to leave realized her bag was missing.

**LARCENY (package), 7:31 p.m., Faxon Commons, 1035 Southern Artery.** A little language barrier. Report filed.

**LARCENY (wallet), 9:08 p.m., 363 Hancock St.** Wallet possibly fell out of pocket.

**LARCENY/MOTOR VEHICLE (blue Ford Fusion), 10:09 p.m., 93 Willard St.** Within last 15 minutes vehicle was stolen from out front of above address. Keys were inside vehicle. Stolen form filled out and signed, to be brought in to be entered into TTY. Entered into TTY.

## THURSDAY, JUNE 18

**LARCENY (overnight), 10:38 a.m., 508 Washington St.** Serviced.

**LARCENY MV'S:** Willard Street, Adams Street, Water Street

**BREAKING & ENTERING MV:** Washington St, Arlington St (2)

**BREAKING & ENTERING (PAST):** Kidder Street  
CALLS FOR SERVICE: 982

## BBB Warning: Lottery Scam Involves Impersonating Better Business Bureau

The Better Business Bureau (BBB) is issuing a warning after an elderly San Jose, California man lost \$45,000 to a lottery scam. BBB found out about the scam when it was originally submitted by mail as a complaint to Better Business Bureau of Upstate New York.

After investigating a bit further, the scam took a sinister twist when the victim said the two men he spoke to were "BBB employees" claiming he won a prize from the "Mega Lottery."

According to BBB ScamTracker, the victim sent the letter to BBB of Upstate New York, thinking he was still contacting the "BBB employees" to get his sweepstakes winnings. BBB investigators believe the scammer(s) never expected the victim would write to the real BBB, which put an end to the scam. To date, the scammers are still contacting the victim, brazenly re-requesting another \$28,000 and informing him that they have spoken with BBB employees. BBB has confirmed with the victim that BBB of Upstate New York is not trying to collect money from him.

The victim mailed \$16,000 in \$100 bills via FedEx to the scammers. He was contacted in February to pay more for the so-called "winning check" for validation from a Bank of America branch in Rochester, New York. Fortunately, the victim did not respond to the request and instead reported it to BBB.

Fraudsters involved in this type of scam will use email or a phone call to convince people they've won a large amount of money from a sweepstakes, lottery, or some other game of chance. They often count on the person not remembering that they entered the contest, so they can then convince them to pay taxes, shipping costs or provide some personal information to claim the winnings.

When the scammer does mention payment, it is often an alternate form, such as wire transfer, pre-paid card, gift card, or in some cases, cash tucked into a magazine sent directly through the postal service. All of this carried out many times without family or friends

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# Over 100 Turn Out At Defend The Police Rally

Cont'd From Page 6

The mayor said that while people have the right to express their views, there is no reason for violence.

"I understand the right for peaceful protest and the right of everyone to have an opinion, but there is no room for the violence that is going on," he said. "That is not a right."

Koch said he is hopeful that the nation unites.

"I pray that as a nation we come together, love one another, and heal up our country," he said.

Some of the gathering stood on the seawall holding their signs, waving American flags and Thin Blue Line American Flags while others lined a section of both sides of Quincy Shore Drive. Horns blared from many passing motorists showing support.

Among the rally attendees was Theresa McCarthy of Quincy. She held a sign bearing a picture of her husband and son — both police officers — in their uniforms.

"This is the first year my son has been a police officer," she said, voicing concern for the anti-police climate that has permeated the country.

Jill Hockney, the wife of a Quincy police officer, brought her son, Davyn, 7, and daughter, Darian, 10.

"The kids and I are here to support their dad and my husband and all police officers all over the world," she said. "They do so much for us, and this is small compared to what we owe them."

Darian held a sign reading "We Love You Dad."

"She hopes to see her dad today so she can show him that we support him," said Jill Hockney.

Pamela Smith wore a T-shirt with "Back the Blue" printed on the back.

"For the actions of one police officer, you can't condemn all of them," she



DEFEND THE POLICE rally organizer Cherilyn Paradis, left, is joined by Pamela Smith, Karen Cyr and Jackie Flynn.

Quincy Sun photos/Tom Gorman

said, referring to the officer accused of killing George Floyd. "We need law and order."

Bob Weaver was walking along the beach when

he came upon the rally. He appreciated Koch's comments about denouncing the violence that has occurred in recent weeks.

"I was glad to hear the mayor speak out against the violence," he said. "Look at all the businesses that were destroyed and looted. Even in Boston. It infuriates me to hear some people say you can replace a building but not a life. That's true. But, the buildings that were destroyed are people's livelihoods. Their merchandise was looted and sold on the internet by the looters. No one is standing up for the business people."

Weaver went on to say that while he believes racism needs to be addressed, so do other issues.

"There's been such an erosion of respect for authority and for each other over the years," he said. "Many mindsets need to be changed if we are going to have civility."

A group of police supporters sold T-shirts to raise money for the Massachusetts Law Enforcement Memorial Foundation and the 100 Club of Massachusetts that support the families of police officers killed in the line of duty.

A group of about a dozen Black Lives Matter supporters gathered for a counter protest near the Defend the Police rally. They held signs reading, "Defund the Police" and "Defend Black Lives."



DEFEND THE POLICE rally organizer Cherilyn Paradis gives out thank-you ribbons to Quincy Graves Registration Officer George Bouchard.



MIKE PACETTI sends a thank-you message to police during the pro-police rally.



GREG DIBELLA and Kathy Moran show their support during the pro-police rally.

## City of Quincy 2020 DOG LICENSE 2<sup>ND</sup> REMINDER



**MA General Laws Chapter 140, SS 136 A, 137  
Requires all dogs six months and older must be  
licensed every year.**

- The fee for all dogs is \$10.00.
- Please bring proof of current rabies shot or call our office to verify expiration date of the rabies shot.



**RENEW BY MAIL**

Please make check payable to:  
City of Quincy

**Mail to:**

Quincy City Clerks Office  
1305 Hancock Street  
Quincy MA 02169

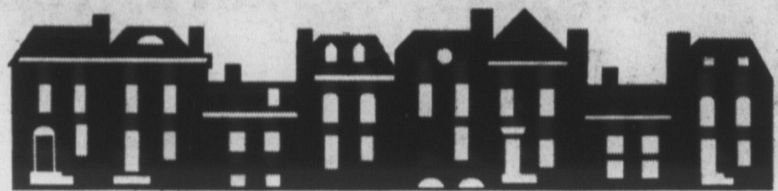
If you no longer have your dog or have moved out of Quincy:

Call us at 617-376-1135 or 1136 so we may update our records.

There will not be a late fee applied this year.







# Real Estate

## Quincy Real Estate Transactions June 15 - June 19

Transactions are compiled by the Norfolk County Registry of Deeds

### SELLER

Neponset Point LLC  
Xing G. Chen & Bao P. Chen  
McDonald Realty Trust  
Thomes P. & Joanne Brown  
Joseph W. Habchi  
Evangelical Lutheran Church of the Good Shepherd  
Mary M. Mallory  
Bob Chen & Xing G. Chen  
Bob Chen & Xing G. Chen  
Yuliya Vigdorichik  
Connolly Family Protection Trust  
Gregory R. Schultz  
Charles A. Burke  
Luckly Realty Trust  
James Donegan, Sean Donegan  
Matthew T. Brightman  
Willard Condo Trust  
47 Intervale Street LLC  
Roy & Bonnie M. Solomon  
Camelia Nguyen

### BUYER

Phillip Chan & Jai Liu  
Bao P. Chen  
Changjing Zou & Xiu F. Chen  
Jianmin Mai & Jianrong Huang  
Teng D. Yang & Oanh H. Nguyen  
John D. & Jillian M. Martin  
Karen McDonald  
Chen Zou Trust  
Chen Li Family Trust  
Paul C. Rocheteau & Yun Cheng  
Mei Chen  
Justin T. Richner  
Roger Z. Tang  
Caio & Kayla E K Monteiro  
Kenzo Teves  
Kate E. McDermott  
Stephanie Barney, Alyssa Sharpe  
Suhe Holdings LLC  
R S Fitzgerald Development LLC  
Bobby Vo, Hoi Vo, Huyen T. Tran

### AMOUNT

\$680,000.00  
\$150,000.00  
\$575,000.00  
\$385,000.00  
\$850,000.00  
\$622,000.00  
\$375,000.00  
\$567,500.00  
\$550,000.00  
\$610,000.00  
\$535,000.00  
\$310,000.00  
\$330,000.00  
\$435,000.00  
\$467,000.00  
\$406,750.00  
\$305,000.00  
\$425,000.00  
\$675,000.00  
\$570,000.00

### ADDRESS

57 Quincy Shore Drive, Unit 410  
67 John Street  
29 Cheriton Road  
11 Grant Place  
125-127 West Elm Avenue  
40-42 Sealund Road  
165 Quincy Shore Drive, Unit C32  
2-4 Gordon Street  
545-547 Washington Street  
139 Sherman Street  
31 Edgeworth Road  
115 West Squantum Street, Unit 716  
10 Weston Avenue, Unit 130  
28 Franklin Place  
9 Hill Street  
328 Copeland Street, Unit 3A  
230 Willard Street, Unit 807  
47 Intervale Street  
7 Brigantine Lane, Unit 32  
110 Gardiner Street

## Norfolk Real Estate Market Remains Viable During Pandemic

The COVID-19 pandemic has caused a personal and economic impact to all citizens in the U.S. including Norfolk County. However, Register of Deeds William P. O'Donnell reports during the ongoing pandemic, one aspect of the Norfolk County economy has remained viable: the real estate market.

"Since Governor Baker declared a state of emergency on March 10th, the Norfolk County Registry of Deeds has remained open for the recording of land documents," said Register of Deeds William O'Donnell. "While the Registry building itself has been closed to the general public, Registry staff have been able to record land documents. This has been done by Registry staff utilizing social distancing, split work shifts, remote access, and using our disaster recovery

office as an additional location to record land documents. We have also utilized electronic recording for our institutional users.

"In addition to electronic recording, users have also had the option to submit land documents via regular mail and Federal Express. Another option available has been users dropping off land documents at our drop-off box located outside the main entrance to the Registry of Deeds building located at 649 High St., Dedham."

For the period of March 10th when the state of emergency was declared through June 12th, the Norfolk County Registry of Deeds recorded 40,007 land documents, a 13 percent increase from the same time period in 2019; 3,854 of these land documents were real estate sales transactions compared to 4,527

sales transactions recorded during the same time period in 2019. The average real estate sales transaction, both residential and commercial sales, increased 12 percent to \$819,725. While the number of real estate sales dropped 15 percent, the number of mortgages recorded increased a significant 69 percent. A total of 11,145 mortgages were recorded between March 10th and June 12th compared to 6,605 during the same time frame in 2019.

"The decrease in the number of real estate sales," O'Donnell noted, "is not surprising considering the ongoing pandemic and its economic impact. Also, real estate brokers and agents have been unable to hold open houses. The spike in mortgage activity is explained by consumers taking advantage of low interest rates to refinance existing

mortgages. Based on the words of Federal Reserve Chairman Jerome Powell, interest rates will not be rising anytime soon."

A total of 29 foreclosure deeds were recorded from March 10th through June 12th. Notice to Foreclose Mortgages, the first step in the foreclosure process, have been curtailed due to a moratorium placed on foreclosures and evictions during the COVID-19 pandemic.

"The Norfolk County Registry of Deeds continues to partner with two non-profit organizations that counsel and assist those struggling with foreclosure," O'Donnell said. "The groups are Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950. These organizations are available to help anyone

who has received a Notice to Foreclose Mortgage from a lender or is struggling to make mortgage payments. Another option is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Each of these programs are staffed by knowledgeable professionals. Anyone who is facing a foreclosure issue is urged to avail themselves of these excellent programs."

Homestead activity fell 16 percent during the March 10th through June 12th timeframe; 2,579 Homesteads were recorded versus 3,067 in 2019. "A Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000. I urge Norfolk County homeowners to consider this important consumer protection

tool," O'Donnell said.

In conclusion, O'Donnell said: "During the COVID-19 pandemic, I am proud of our efforts to remain open for the recording of land documents. We could not have done this without the cooperation and patience of the general public and our users in the real estate and lending communities. Our state of the art computer system has allowed us to remain operationally viable. The utilization of electronic recording has been critical to our ability to serve institutional users."

"Looking forward, we are hopeful the phased reopening of our local economy in Massachusetts will result in an uptick in real estate sales activity. We anticipate consumers will continue to take advantage of low interest rates to not only buy property but refinance existing

Cont'd On Page 14

## BBB Warning: Lottery Scam Involves Impersonating Better Business Bureau

Cont'd From Page 10  
knowing.

Another version of this scam includes victims getting a letter informing them they've won a jack-pot, often from a foreign lottery

(it is illegal in the U.S. and Canada to enter a foreign lottery by phone or mail). The letter includes a seal or other insignia to make it look authentic. There is even a check to cover the

taxes on the winnings. The recipient is instructed to deposit the check into a personal bank account and then wire or use a prepaid debit card to send the "taxes" to a third party. The check is a fake and the account holder is out the money.

How to spot this scam:  
• Don't pay upfront fees

to claim a prize. A legitimate sweepstakes company will not ask to pay a fee or buy something to enter or improve the chances of winning — that includes paying "taxes," "shipping and handling charges," or "processing fees" to get a prize.

• A check will bounce even after the bank al-

lows the account holder to withdraw cash from the deposit. Check processing is a confusing business, as is the terminology. Even if a bank representative says that a check has "cleared" it won't be detected as a fake until weeks later. Unfortunately, the account holder who signed the check will be on the hook for any funds drawn against the amount, plus fees.

• Think about it: You can't win if you didn't enter. A notification that you have won a prize in a contest you do not remember entering should be a red flag. If you do regularly enter contests or sweepstakes, make sure you keep track of your

entries so you can easily check to see if you have entered a contest that contacts you. Read the fine print on all entries. It should indicate how and when winners are notified. Also, remember, when you buy a lottery ticket, you don't give your name, phone number, or address to the cashier!

• Be suspicious of irregular communication. Real sweepstakes events will not notify via text message or bulk mail. They will not send a check in the mail without first confirming with the winner. And you will not be notified that you are a winner and must respond or act within 24 hours to collect your prize.

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# Gardens Help Sustain Food Pantry Thanks To Volunteers

## YMCA Germantown Neighborhood Center Flower, Vegetables Garden Grow, Serve

For 15 years, the food pantry at the South Shore YMCA Germantown Neighborhood Center has been a lifeline for local residents. That fact is truer now than ever before.

Since the COVID-19 pandemic struck Massachusetts in mid-March of 2020, many of our own neighbors now find themselves out of work and in need of food services, some for the first time in their lives. Before COVID-19, the SSYMCA Germantown Neighborhood Center food pantry distributed food to about 117 households each week, feeding approximately 246 people.

Today, the need has more than tripled in just three months, and the food pantry now serves nearly 300 households, feeding about 905 people weekly. The lines grow longer each week, wrapping around the converted church building for blocks.

All year long, members of the community turn to the Y's Germantown Neighborhood Center to seek support, socialize and participate in vital programs such as afterschool care, cooking classes, employment training, educational support, mentorships, and more. The heart and soul of this community center, what keeps it brimming with hope and positivity, are the donors, dedicated staff and volunteers who remain hard at work to serve the community in good times and bad.

For the past 15 years, that

legacy of service has continued to grow. This vibrant community center would not be the same warm, inviting, safe place without the hard work and contributions of dedicated volunteers who care deeply for our neighbors and help care for the space, including its vegetable gardens.

The Germantown Neighborhood Center flower and vegetable gardens have been cultivated and cared for by longtime Y supporter and volunteer, Paul Mollica, who has long treasured early mornings at the Center. Raised as a child of greenhouse owners, the retired bank executive has always loved working with plants and enjoys the beauty and rewards they can bring to us all. And so, he dedicates his volunteer time with the South Shore YMCA to maintaining the gardens each spring, summer and fall. These gardens are a true gift to the community, teaching local residents the value of sustainable, local gardening while providing fresh produce for the Center's food pantry and teaching kitchen.

Recently, Mollica led a team of volunteers to plant this year's flowers and vegetables. "I am thankful and humbled for the volunteers who worked the past two days to get the gardens planted," he said. "We are trying to make the outside of the Germantown Neighborhood Center as inviting and caring as possible, to complement all the great things

that are happening inside the four walls."

For Kathy Quigley, development director for the South Shore YMCA, who oversaw the Center for years, the volunteer support and friendship of Mollica and others adds an important layer to the legacy being built at Germantown.

"Paul is a true friend to the Y and the people in this community," Quigley said. "These wonderful gardens add beauty to our neighborhood, but more importantly they provide nourishment for our community, and a chance for our neighbors to learn how to grow their own food. In these difficult times, that can help feed a family facing extreme hardship and trauma."

"I've been in social service work my whole life," added Quigley, "and I have never seen anything like what we are going through now. We are so appreciative of people like Paul who help our center to thrive in these terrible times, and for all the donors, organizations and volunteers who are helping us to continue serving our community. When we are supported by volunteers like Paul, the Y can accomplish so much more to strengthen our communities together."

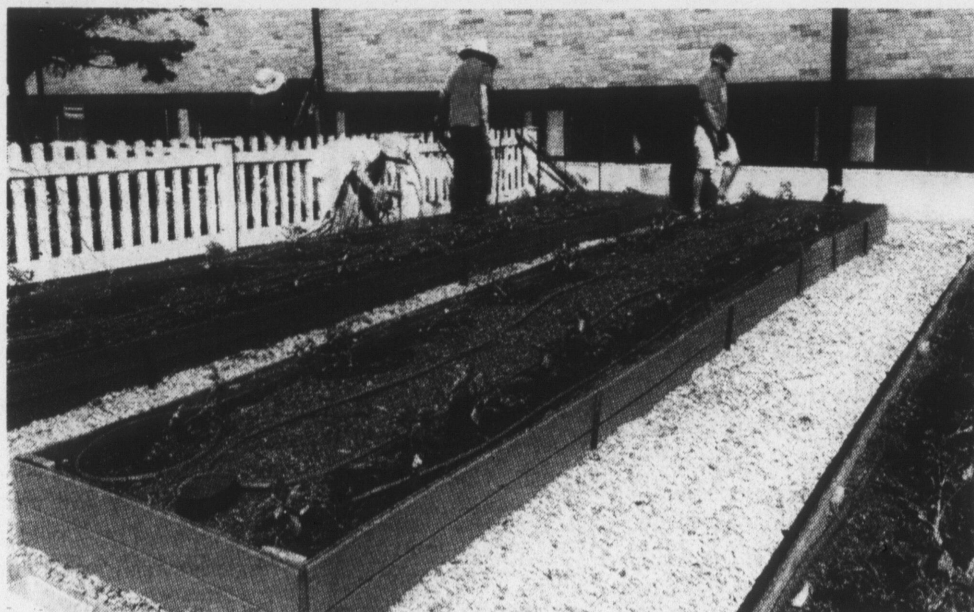
To donate to the South Shore YMCA during this crisis, contact Mary Orne, [orne@ssymca.org](mailto:orne@ssymca.org), 781-264-9453, or visit <https://ssymca.org/stay-with-us> to support the mission through a tax-deductible donation.



FLOWERS GROW outside the South Shore YMCA Germantown Neighborhood Center.



VEGETABLE AND FLOWER gardens were recently planted by volunteers at the South Shore YMCA Germantown Neighborhood Center.



VOLUNTEERS TEND to the flower and vegetable gardens at the South Shore YMCA Germantown Neighborhood Center. Courtesy Photos

## Four Quincy Students On Emerson College Dean's List

Four students from Quincy have been named to the Dean's List for the spring semester at Emerson College in Boston.

They are:

Samuel Hwang, Creative Writing BFA, Class of 2021.

Nicole Salvatore, Media Arts Production, Class of 2020.

Eoin Varden, Media Arts Production, Class of 2022.

Jonathan Zepeda of Quincy, Media Arts Production, Class of 2020.

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PAUL MOLLICA (left) and Erin Williams are among the volunteers who recently planted flowers and vegetables outside the South Shore YMCA Germantown Neighborhood Center.



# Special Ed Building Named For DeCristofaro

Cont'd From Page 1

maquette of the John Adams statue that is located in the Hancock-Adams Common in Quincy Center. Koch said DeCristofaro has a great love of Quincy's history and noted the superintendent's father, the late Ted DeCristofaro, was the longtime caretaker of the Old House at Peacefield.

The mayor said few public servants can match DeCristofaro's work ethic.

"It's remarkable when you think about anybody staying with something for 45 years. You actually physically did just about everything in the education world from K to 12," Koch said.

"There are a lot of great public servants I've seen over the years and a lot of people who loved the city and served the city. Few matched the work ethic you brought to the table. I know when I first got elected, our first couple years weren't easy ones, we had some tough times with budgets, and it wasn't easy for any of us to make those decisions, but you were so professional about it. You knew what to do, how to do it."

Committee Vice Chairman Anthony Andronico presented DeCristofaro with an etching of the Coddington Building, the home of the school department, on behalf of the school board and Quincy Public Schools teachers and administrators.

"When you look at this etching and this building, I hope you think of the peo-

ple most of all," Andronico said. "I've only served on the School Committee for the last two plus years now with you and it has been an absolute honor and privilege and it is one of the highlights so far of my own career."

"But the thing I am most proud to say is that I am a product of the school system that you built. You became the assistant superintendent in 1993, the year I was born, so you had enough time to get the school system to a great standard when I became a student... You helped me so much just by being a product of the school system that you built, that your team built."

Committee member Paul Bregoli, who coached with DeCristofaro at North Quincy High School in the 1970s, said DeCristofaro never forgot his roots.

"What impresses me about you as a person is that you grew up in Quincy and you have never forgotten your roots. You went to school in Quincy and now you're a person who has worked here for 45 years. It's been a remarkable run for you, and you have done so many great things for this school system," Bregoli said.

"You don't like the lime-light. You would rather stay in the background and let everybody else take credit, but I know what you have done - what you have done for me personally and what you have done for the school system and for all of us here

in this room."

Committee member Frank Santoro, who was the principal at Central Middle School and Quincy High School during DeCristofaro's tenure, said the superintendent was there to help when needed, like when there was a fire at Central or when a series of bomb threats were made at Quincy High.

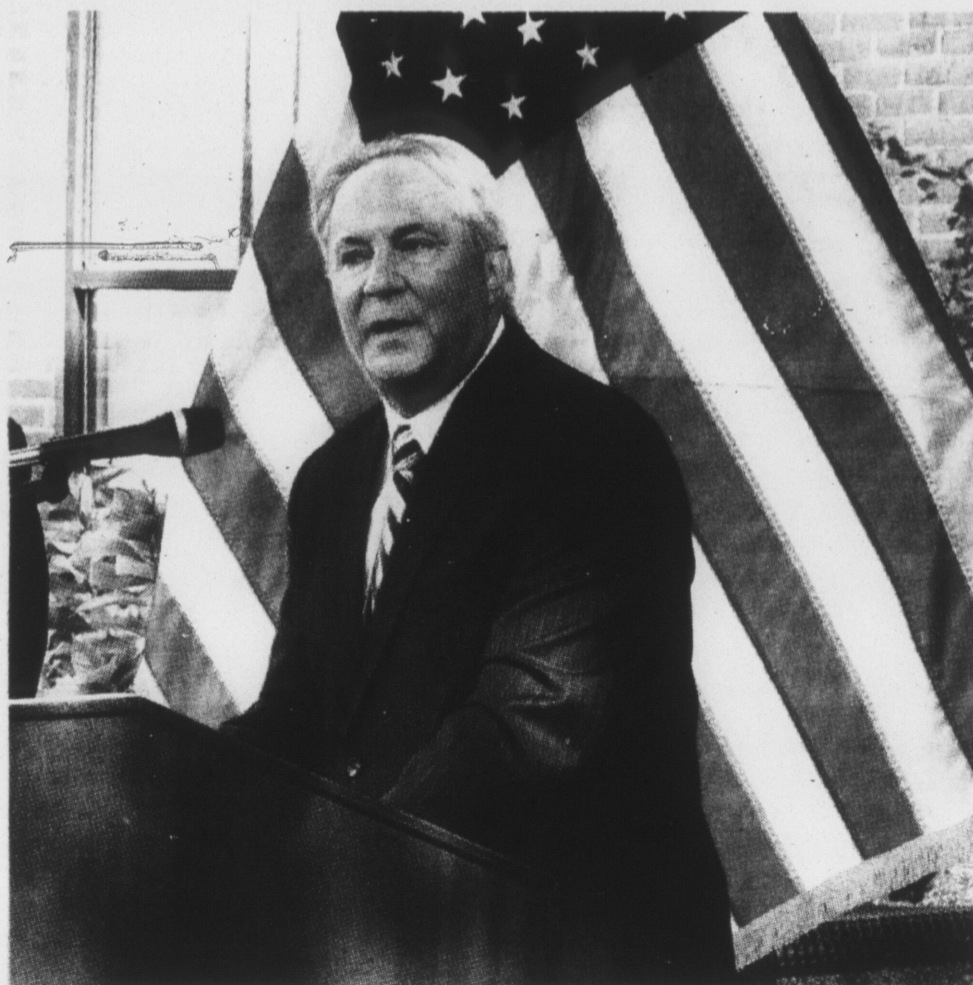
"There were many opportunities where I could have felt very alone and you... were there. Start with the Central fire at the library - 4 o'clock in the morning, I'm at Central. Who is there? He's there waiting," Santoro said. "The hoaxes that happened at Quincy High School - helicopters and bomb squads - it could be a very alone feeling and I thank you for being there."

Santoro also credited DeCristofaro for the opening of the new Quincy High School in 2010.

"The design of that new high school is the envy of every comprehensive high school, because of what you did with those vocational majors and the regular subjects," Santoro said. "You are quite a leader. We're going to miss you."

Committee member Douglas Gutro said DeCristofaro has an ability to connect with teachers, staff, parents and students.

"You have been an extraordinary ambassador, not just for the Quincy Public Schools, but for the city of Quincy. As the mayor pointed out, you have an undeni-



SCHOOL SUPT. Dr. Richard DeCristofaro speaks at a press conference in October 2019 announcing plans for a new special education center on Old Colony Avenue in Wollaston. The center will be named after the longtime and recently retired superintendent. City officials are aiming to open the new center for special education next year.

Quincy Sun File Photo/Robert Bosworth

able love for our city and for the public school system that each of us in this room, each of in the public schools can feel. It's tangible," Gutro said.

"There are many politicians who would give a lot for your gift, your ability to connect with people. You connect with teachers, you connect with administrators, you connect with parents and, most importantly, having seen you around chil-

dren...you lift them up in ways that lift all of us up."

Committee member Emily Lebo, who worked for the district previously during DeCristofaro's tenure, said she always felt heard and respect even when she and the superintendent had disagreements.

"Many times you and I disagreed - I never felt angry when I left your office," Lebo said. "I just want to thank you for having that

ability to connect with people to understand their real concern. I've seen you do it with kids and I've seen you do it with parents. That level of communication and engagement with people is a big gift you have."

Committee member Kathryn Hubley thanked DeCristofaro for his service.

"I thank you as a school committeeperson, thank you as a mom," she said.

Cont'd On Page 15

## Norfolk Real Estate Market Remains Viable During Pandemic

Cont'd From Page 12

mortgages. One important point to make is the Norfolk County real estate market

remaining viable during the pandemic has benefited not only those individuals, families and businesses directly

impacted, but all citizens of the county and Massachusetts as a whole. Recording fees and deeds excise tax

monies collected during the COVID-19 pandemic have been utilized by state, county, and local governments

to pay for critical services including education, social services needed by many of our neighbors and those less

fortunate, and police and fire.

"We are truly appreciative of all Norfolk County residents for their patience and understanding during this pandemic. Be healthy. Be safe," O'Donnell added.

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St., Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

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# Inequality, Injustice Focus Of Discussion

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"Systemic oppression based on race and ethnicity exists everywhere, including in Quincy. It may come in different forms in Quincy than it does in Boston, Minneapolis or other cities, but it exists, and it exists here," Palmucci said. "We want to find Quincy solutions to address Quincy problems — solutions that we can implement by coming together as a community."

Palmucci said the city's elected officials are committed to working on solutions.

"You have four elected representatives here to listen and work with you, and you have more who stand by ready to act on the policy initiatives that we collectively come up with during this process. That includes Mayor Koch, who I spoke to and is supportive of our efforts here," Palmucci said.

"We all have a deep commitment to this work and pledge to see this all the way through to make Quincy a better place."

Croall said it was important to hear from the residents who shared their experiences at the meeting.

"I'm excited to hear folks' experiences," Croall said. "I'm excited to be here tonight. I work hard as a legislator to try to create an environment where people

feel safe, people feel welcome, and most importantly have access to opportunity. I'm looking forward to the discussion."

Liang said each member of the community has their own experiences and it was important to hear each of them before creating any new policies.

"It's important as a representative...to recognize every single person has their own experience. The only way that I can best represent and best legislate is to hear from each of those persons and to hear from each of those experiences," Liang said.

"Whatever policy we do create does impact every single one of us across the city and the only way we can do that is ensure we are hearing your personal experiences."

Mahoney said Quincy is a diverse city but struggles with inequity.

"I really believe our city has incredible diversity. It really has the very thing that makes a community strongest, but one of the things we really struggle with is inequity...when it comes to our income, our education, our housing and our employment," she said. "Those are the things I recognize that we struggle with in Quincy."

Mahoney reflected on her experience serving as a member of the School Committee for 12 years.

"While I was on the School Committee, I did notice...in certain areas of the city, our schools struggled with PTO fundraising. We really wanted to make sure that that was something we worked together on to make sure that everybody had an equal opportunity in Quincy, and you can't if one school has more than other," Mahoney said.

"Another area in the schools I noticed is either when the child had a disability or families that had kids that were transgender. We have those issues here in Quincy and we need to be more transparent about how we can help people and how we can make people feel safe in our community."

After the opening remarks from city councilors, residents were given the chance to respond to two questions: "What are your personal experiences with inequity in Quincy, both positive and negative?" and, "Where do we need improvement around equity and what are our challenges specific to Quincy?"

Those who spoke during the meeting were allowed to stay anonymous.

Several of the people who

spoke at the meeting said they have seen racist comments on different Quincy-related Facebook groups and on Nextdoor, another social media site. Another resident said his neighbors make negative comments about Asian-Americans, including blaming them for

COVID-19.

Several others raised concerns about the city's school system. One parent said some notices are sent home in English only and another participant questioned why schools close for Christian holidays but not for those observed by other

religions. A retired teacher said the schools do not do enough to recognize the diverse cultures in the city.

One woman, part of a lesbian couple, said she felt her family was tolerated but not necessarily included in the city.

Cont'd On Page 17

## Special Ed Building Named For DeCristofaro

Cont'd From Page 14

"You're not going very far, you're going up the street, so I will just wave when I see pulling out of the driveway."

Deputy Superintendent Kevin Mulvey, who became acting superintendent last week, said he would be forever grateful for serving with DeCristofaro, first as a member of the school board and then as an administrator for the school department.

"We've been through strikes, straight 24-hour union contract negotiations...massive layoffs, natural disasters and now a pandemic. What more could we go through?" Mulvey said. "Happily, we enjoyed many more good years of school peace and prosperity. At every moment, your focus was on improving the education and quality of life for students and families in the school system."

DeCristofaro thanked the committee members for their remarks and for voting to name the special education center in his name.

"I want to thank you really for your incredibly

kind remarks and a building — thank you so much," he said. "That's another overwhelming piece."

DeCristofaro thanked the staff of Quincy Public Schools, including classroom teachers, principals and members of his leadership team for their work, plus the district's students and families.

"It's really difficult to leave this caring school system," he said.

He also thanked the three mayors he served under: James Sheets for his vision for new school buildings; William Phelan for implementing full-day kindergarten and special education initiatives; and Koch for prioritizing the school system when proposing the city's budget every year.

DeCristofaro also thanked present and former members of the school board for their work over the years.

"You are always about the students, always about the families," DeCristofaro said. "Selfless — never, ever selfish."

DeCristofaro concluded

by thanking his family for their support.

"They have all been patient and understand my work ethic, my love of this city, its schools and certainly its kids," he said.



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The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability. Due to COVID-19, we will offer the same service by providing both breakfast and lunch at eight emergency feeding locations.

Breakfast & Lunch Service: Monday—Friday

11 am to 12 pm - July 6 through August 21, 2020

Please note the following guidelines that will continue to apply to  
protect participants from exposure to COVID-19:

'Grab and Go' breakfast & lunches with milk will be provided each day.

All locations will operate in a non-congregate manner. Please take your meals and kindly leave the premises. This is to ensure your safety.

Kids who are age 18 years old and under may have both breakfast & lunch.

Parent/guardian can pick-up meals on behalf of their child or children.

Kids/parents can go to any one of nine locations across Quincy.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School gym entrance

The Ward II Community Center

The Lincoln Hancock School cafeteria

The F.W. Parker School cafeteria

The Montclair Elementary School gym

Quincy High School cafeteria

North Quincy High School gym entrance (Hunt St.)

Atherton Hough Elementary School cafeteria entrance

Clifford Marshall Elementary School entrance



# Flag Raising, Vehicle Parade Celebrate Flag Day



CITY OF QUINCY commemorated Flag Day with a flag raising and vehicle parade on Merrymount Parkway June 14. The traditional parade and fireworks were cancelled this year due to the COVID-19 pandemic. Here the Quincy Fire Department hoists a giant 50-foot by 30-foot American Flag over Merrymount Parkway for cars to pass under in celebration of Flag Day.



PARADE OF CARS travel under the giant American Flag on Merrymount Parkway in celebration of Flag Day June 14. Photos Courtesy Lisa Aimola



DRIVER CHRISTOPHER PEELER and passenger Paul Wassiege, both of Quincy, join in the Quincy Flag Day vehicle parade down Merrymount Parkway.



MAYOR THOMAS KOCH waves to the passing cars riding in the vehicle parade. The mayor's father, the late Richard J. Koch, Sr., began the city's tradition of celebrating in 1952 handing out small American flags to players in the Koch Club's baseball and softball program. The youngsters, in full uniform, marched out of Cavanaugh Stadium and made their way through Norfolk Downs while waving their flags before returning to the stadium and receiving a Hoodsie ice cream cup. The celebration has grown over the years and will mark its 70th anniversary next June.



RECENTLY RETIRED Quincy Police Lt. Dan Minton (left) and McGruff enjoy the Flag Day vehicle parade.



SONS OF THE American Legion, Squadron 294, Morrisette American Legion Post, join Mayor Thomas Koch at the Flag Day vehicle parade. From left: Joe Brill, Paul Moody, Mayor Koch, Don Knight, Bob LaFleur, Guy Ferris and Noel DiBona.

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# Inequality, Injustice Focus Of Discussion

Cont'd From Page 15

One resident suggested the Quincy Police Department should work with mental health professionals and social workers when responding to domestic calls.

That resident also suggested that police officers should wear body cameras, which he said would be good for both the community and police officers.

The second and third

Zoom sessions are scheduled for the coming weeks.

The second meeting is slated for June 30 at 4 p.m. and is titled "Acceptance for All - Communities of Color & LGBTQ." It will include

a discussion about fostering and encouraging the acceptance of everyone in the city in recognition of Pride Month. The Zoom ID for the meeting is 833 0928 9705.

The third meeting will

be held on July 8 at 4 p.m. The meeting, "Together For A Better Quincy - The Path Forward," will discuss how to implement meaningful and long-lasting change in

the community. The Zoom ID for the meeting is 866 6725 5256.

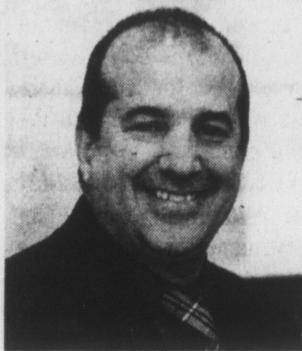
Councillors said additional meetings could be held following the ones already scheduled.

## Robert Terravecchia, Jr. President Coastal Heritage Bank

Coastal Heritage Bank announces Robert Terravecchia, Jr. has assumed the role of president/CEO of Coastal Heritage Bank.

Terravecchia has served as vice chairman and chief operating officer of Coastal Heritage Bank since the merger of Equitable Bank and Coastal Heritage Bank in 2019. Prior to the merger, Terravecchia served as president/CEO of Equitable Bank since 2017. He has also served as president/CEO of Weymouth Bank for nearly 20 years.

Terravecchia fills the role previously held by Donald



ROBERT TERRAVECCHIA, Jr.

P. Gill, who retired June 1.

Joseph C. Hayes, chairman of Coastal Heritage Bank, said: "Coastal Heritage Bank is very pleased to have someone with Bob's

skills and experience to lead the Bank through this current extraordinary time. His exceptional leadership qualities and strategic vision of the future will continue to position Coastal Heritage Bank as a successful and integral part of the North and South Shore communities."

Coastal Heritage Bank

is a mutually owned, multi-service financial institution with full-service offices in Weymouth, East Weymouth, Union Point, Marshfield, Scituate, Hanover, Quincy, Norwell, East Bridgewater, Green Harbor, Kingston, Hingham, Lynn and Nahant. Visit [www.coastalheritagebank.com](http://www.coastalheritagebank.com) for information.

## Monica Gentile On Dean's List

Monica S. Gentile of Quincy has been named to the Dean's List for the spring semester at Bristol Community College in Fall River.

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## RELIGION

### First Baptist Church Of Wollaston

First Baptist Church of Wollaston, 81 Prospect Ave., Quincy, continues its online remote worship service Sunday.

Pastor David Choi will preach his sermon: "Live by the Spirit" (Galatians 5:16); reader will be Trina Wolf.

The following is the church online dial-in/web meeting weekly schedule:

- Sunday 10:30 a.m. - worship service.

- Wednesday, 6:30 p.m. - community group meeting; Gospel of John.

- Thursday, 6:30 p.m. - Bible classes; Epistle of Paul to Romans.

- Friday, 11 a.m. - prayer group meeting.

Go to the Home page of the church website: [www.firstbaptistchurchofwollaston.org/](http://www.firstbaptistchurchofwollaston.org/) to join our online Sunday worship service and activities.

### Bethany Congregational Church

Bethany Congregational Church is continuing its video ministry with a full church service available on Sunday mornings.

You can go to the Church website: [bethanycongregationalchurch.org](http://bethanycongregationalchurch.org) and scroll down to the very bottom to find the link to the most recent service. This will give you not only the church service, but the bulletin and other information about what's going on in the church.

Or, you can go directly to YouTube and type in Bethany Church Quincy, Massachusetts to find all of the services.

If you would like to participate in the ZOOM coffee hour at 10:30 a.m. Sunday mornings, contact the church office (617-479-7300) and let them know to put you on the list to receive meeting information.

Bethany Church is planning to re-open on July 19th with regular Sunday services, as well as continuing the virtual services for those who feel more comfortable

staying home. Social distancing and masks will be required.

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<p><b>Thursday, June 25</b> 2:00pm: Kennedy Center: Yoga for Seniors 7:00pm: AM Quincy: COVID Writing Winners</p> <p><b>Friday, June 26</b> 11:30am: Currently in Quincy 7:00pm: MBTA Bus Facility Proposal Meeting</p> <p><b>Saturday, June 27</b> 12:00pm: MBTA Bus Facility Proposal Meeting 7:00pm: The Call</p> <p><b>Sunday, June 28</b> 10:00am: Bethany Church Sunday Service 11:30am: Good News</p> <p><b>Monday, June 29</b> 11:30am: Currently in Quincy 7:00pm: CQ Interview: Friends of Thomas Crane</p> <p><b>Tuesday, June 30</b> 7:00pm: AM Quincy: Mayor Thomas Koch 8:00pm: MBTA Bus Facility Proposal Meeting</p> <p><b>Wednesday, July 1</b> 5:00pm: Good News 7:00pm: CQ Interview: Quincycles</p>	<p><b>Thursday, June 25</b> 6:30pm: FYI: QHD Water Intoxication 7:00pm: TCPL: African American Music</p> <p><b>Friday, June 26</b> 6:30pm: FYI: QHD Ticks &amp; Mosquitoes 7:00pm: Board of License Commissioners 6/23</p> <p><b>Saturday/Sunday, June 27/28</b> 10:00am: TCPL: Story Hour with Mrs. Miller 4:30pm: Board of License Commissioners 6/23 7:00pm: In the Know: Norfolk County Sheriff 6/18 8:05pm: TCPL: Singers/ Songwriters, Part 2 11:00pm: Board of License Commissioners 6/23</p> <p><b>Monday, June 29</b> 6:30pm: FYI: QHD Extreme Heat 7:00pm: MA Joint Committee on Children, Families &amp; Persons w/ Disabilities Hearing</p> <p><b>Tuesday, June 30</b> 7:30pm: In the Know: Norfolk County Sheriff 6/18 8:05pm: TCPL: Cooking w/Colin Decadent Desserts</p> <p><b>Wednesday, July 1</b> 7:00pm: Quincy's Memorial Day Ceremony 2020 8:00pm: TCPL: Origins of Rock &amp; Roll</p>

Programming is subject to change.  
For a complete list of programs, please visit our website at [qatv.org](http://qatv.org)

## Social Security Matters

### SSDI Denied; Will Claiming Early Hurt Spouse, Survivor Benefits

By RUSSELL GLOOR

AMAC Certified Social Security Advisor  
Association Of Mature American Citizen

**Dear Rusty:** I applied for Social Security Disability Insurance (SSDI) benefits and was denied. So, because I turn 62 this month, I plan to file for my early SS retirement benefits. Since I've not worked a lot due to health issues I won't get much and I realize my benefit will be reduced by about 30% from my full retirement age amount, but we need the extra income to help with my medical bills. My husband is 57 and still works. Social Security will be our only retirement so he will be working for as long as he can. My question is, how will my early retirement affect any spousal benefits I might qualify for in the future? Or my widow's benefits if he should die before I do? **Signed: Worried Spouse**

**Dear Worried:** Claiming your own SS benefit at age 62 will cause your spousal benefit to be less when your spouse benefit starts (when your husband claims). That's because your spousal benefit will be in the form of a "spousal boost" which will be added to the reduced SS benefit you will get by filing at age 62. The amount of your spousal boost will depend upon how old you are when your husband claims (which is when your spousal benefit kicks in). If you've reached your full retirement age (FRA) of 66 years and 8 months, your spousal boost will be the difference between 1) your SS retirement benefit amount at your FRA (regardless of when you claimed) and 2) half (50%) of the benefit your husband is entitled to at his FRA (regardless of when he claims). At your FRA you get the full amount of the spousal boost; but taken before your FRA the spousal boost will be actuarially reduced according to the number of months prior to FRA it is taken. Since the spousal boost is added to the benefit you are already receiving, you claiming your reduced benefits at age 62 means your spousal benefit will also be reduced. But your spousal benefit (while your husband is living) is entirely different from your survivor benefit if your husband dies before you.

As your husband's widow, provided you have reached your FRA you will get 100% of the amount he was receiving (or entitled to receive) at his death, instead of your smaller benefit from claiming at age 62. In other words, that you claimed your own benefit at 62 doesn't affect your survivor benefit. But if the survivor benefit is claimed before you reach your full retirement age it will be reduced due to claiming it early (the reduction is about 4.75% for each year early). Note that you do not have to claim the survivor benefit immediately; you may wait to claim until it reaches maximum at your FRA.

One final point: Statistically, about 2/3rds of all initial SSDI disability applications are denied. If you believe strongly that you've been unfairly denied, you can appeal that denial, even if you go ahead and claim your own SS benefit at age 62. To appeal the SSDI denial you should submit form SSA-561 - Request for Reconsideration, which you can find at this link: [www.ssa.gov/forms/ssa-561.html](http://www.ssa.gov/forms/ssa-561.html).

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.*

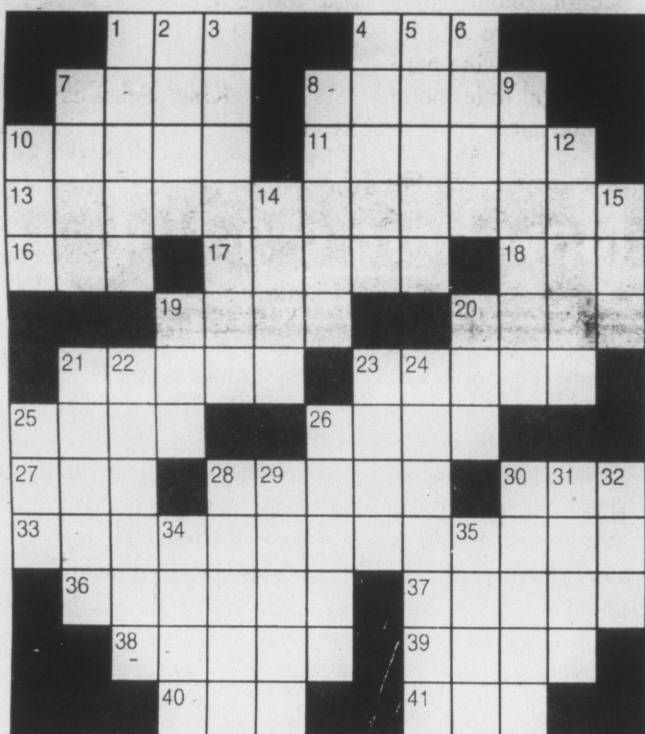
To submit a question, visit [amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory) or email [ssadviser@amacfoundation.org](mailto:ssadviser@amacfoundation.org).



# SUN FUN PAGES

## King Crossword

- ACROSS**
- 1 — Na Na (Superman comparison)  
 4 Swindle 37 Alan of "Little Catches some  
 7 Summery des- Miss Sunshine" rays  
 8 Fussers 38 Mystery writ- 15 — and outs  
 10 Sixth president 39 Don of radio 19 "CSI" evidence  
 11 Many 40 Sun. speech 20 Eggs  
 13 Proof of a crime 41 Rand McNally 21 Louisiana  
 16 Sprite item 22 Unwilling  
 17 Unclear 23 Dog owner's  
 18 Still, in verse 24 Son of Joseph  
 19 Say it isn't so 25 Fond du —,  
 20 Rhyming trib- Wis.  
 utes 3 Took for grant-  
 21 Groups of ed 26 Harness horse  
 musicians 4 Made pigeon 28 Thrust  
 23 Slanted edge sounds 29 "Argo" award  
 25 Volcanic out- 5 "Strange to 30 Invite to the  
 flow say ... penthouse  
 26 One of the 6 — me tangere 31 Elevator name  
 Three Bears 7 "American —" 32 Family  
 27 Sailor's assent 8 Hot rum drink 34 Cushions  
 28 Unwilling 9 Withdraw 35 "Joy of  
 30 Fine, to NASA 10 Expert Cooking" writ-  
 33 Texas city 12 Man of — er Rombauer
- DOWN**



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## MAGIC MAZE • ASTRONOMY TERMS

P D A X V S P N K I F C A X V  
 S Q O L R G T J H E C A X V T  
 R G N I N A W E P N T L E J H  
 Z E N I T H E F M O D C L R B  
 Y X X E V T X Y P O L R O P O  
 A A M K (S O L S T I C E) H I G  
 W L E D N P N B P H T Z K X W  
 U T U I R U I T Q E G O C N L  
 J I U B S G I L M F D I A C A  
 Y Q X W E C V T C Y X A L A G  
 E S A H P N O O M E U L B S R

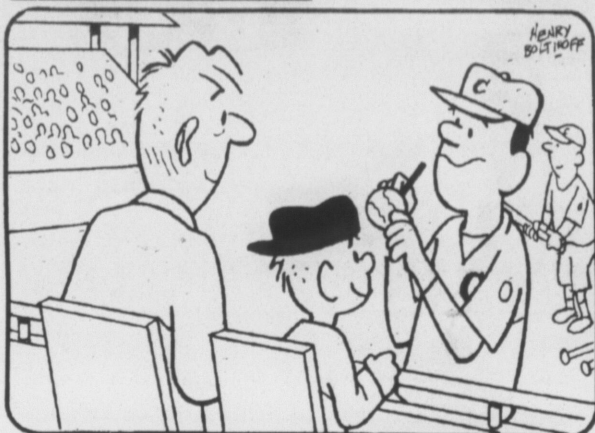
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Black hole Equinox Nebula Waning  
 Blue moon Galaxy Phase Waxing  
 Eclipse Light-year Solstice Zenith  
 Ecliptic Meteor Sunspot

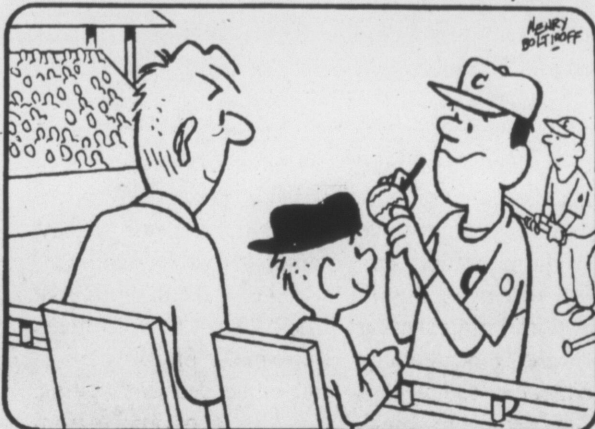
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bat is missing. 2. Railing is different. 3. Player's pants are longer. 4. Crowd is larger. 5. Ball stitching is different. 6. Neckline is changed.

## Trivia test

by Fifi Rodriguez

1. ASTRONOMY: How often does the Sun rotate on its axis?
2. GEOGRAPHY: What is the state capital of Delaware?
3. GOVERNMENT: Which amendment to the U.S. Constitution limits presidents to two terms in office?
4. HISTORY: What was the highest social class in the early Roman empire?
5. ENTERTAINERS: Which 20th-century actress was born with the name Lucille LeSueur?
6. TELEVISION: What were the names of Elly May's two pet chimpanzees in "The Beverly Hillbillies"?
7. ART: Which artist painted

"The Persistence of Memory"?  
 8. MOVIES: What kind of gun did Clint Eastwood carry in the "Dirty Harry" series?  
 9. MUSIC: Which singer-songwriter's nickname was "The Lizard King"?  
 10. FOOD & DRINK: What is the most expensive spice on earth?

Answers

1. On average, every 27 days
2. Dover
3. 22nd
4. Patricians
5. Joan Crawford
6. Skipper and Bessie
7. Salvador Dali
8. 44 Magnum Smith & Wesson Model 29
9. Jim Morrison
10. Saffron

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## Wishing Well®

6 2 4 3 2 4 2 4 6 4 2 4 2  
 B H C F U H S E E C T K L  
 3 5 2 4 3 4 3 5 7 2 8 2 8  
 R S E I I T E I B T E O X  
 7 8 2 8 5 4 3 5 2 4 5 7 8  
 E P S E N T N G U W O Y C  
 7 2 4 2 6 4 7 8 3 8 5 2 3  
 O C I C V C U T D S T E S  
 2 4 5 8 7 5 6 3 8 3 7 5 3  
 S E H U R E E V R I S R S  
 6 8 5 2 5 3 6 5 3 8 5 8 6  
 R P S S P I S R T R A I A  
 8 5 8 5 7 5 6 5 7 6 7 6 6  
 S I E S E E T S L I F L E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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## Salome's Stars

**ARIES** (March 21 to April 19) Making things more complicated than they need to be can be a problem for the typically orderly Lamb. Try to look for a less intricate way to accomplish the same goals.

**TAURUS** (April 20 to May 20) Avoiding personal involvement in a troubling situation might be advisable at this time, especially since you probably don't have all the facts. The weekend brings a surprise.

**GEMINI** (May 21 to June 20) A problem with a colleague you thought had been resolved could recur. However, this time you'll be able to rely on your record to get a quick resolution in your favor. Good luck.

**CANCER** (June 21 to July 22) Giving your self-esteem a boost could be a good idea for the Moon Child, who might feel a bit daunted by the week's occurrences. Just focus on all your positive accomplishments.

**LEO** (July 23 to August 22) The "mane" attraction for the Lovable Lion this week is -- what else? -- love. New relationships move to new levels, while long-standing partnerships are strengthened.

**VIRGO** (August 23 to September 22) A recent workplace problem will prove to be one of miscommunication, and once the matter is settled, you should have a better chance of getting your proposals approved.

**LIBRA** (September 23 to October 22) Good news! After dealing pretty much in the dark with a matter that seemed to be taking forever

to resolve, you should soon be seeing the light at the end of the tunnel.

**SCORPIO** (October 23 to November 21) A positive message should help lift that energy-draining sense of anxiety, and you should soon be able to deal with even the peskiest matter, whether at work or personal.

**SAGITTARIUS** (November 22 to December 21) Try to control that heated Sagittarian temperament while dealing with what you believe to be an unfair matter. A cool approach is the best way to handle things.

**CAPRICORN** (December 22 to January 19) Nursing hurt feelings could keep you from learning what went wrong. Ask your partner, a family member or a trusted friend to help you reassess your actions in the matter.

**AQUARIUS** (January 20 to February 18) Nature is dominant this week. Try to spend time outdoors with someone special. An act of kindness in the past might be recalled by a person you believed was out of your life.

**PISCES** (February 19 to March 20) An upcoming career decision could be based on how well you might be able to apply your artistic talents. Be sure to use the finest samples of your work to make a strong impression.

**BORN THIS WEEK:** Doing good things for others comes easily to you. You are considered a good friend, even by those you might hardly know.

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## CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

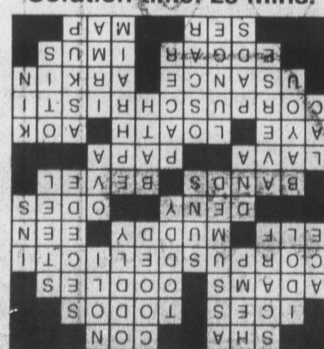
Clue: R equals S

OJ V ROZ QDOTW-HWOOEYF AVAAVM  
 JYMQ OAVZOEVL C OMMEYHHYH, OQ'H  
 GLXRVRMC V DOGGXTDXEFLOVT.

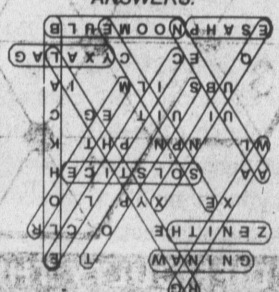
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## King Crossword

Answers  
 Solution time: 25 mins.



## Magic Maze ANSWERS:



## CryptoQuip answer

probably a hippochoondrac.  
 left imaginary illnesses. It's  
 If a big thick-skinned mammal

J  
U  
N

2  
5

2  
0  
2  
0



# HOLLYWOOD

by Tony Rizzo

**HOLLYWOOD** -- Just imagine a meeting, a month or so ago, when HBO Max executives were trying to figure out how to launch their new streaming service to compete with Netflix, Disney+, Amazon Prime, etc. How do we get noticed? Let's pull the greatest film of all time, "Gone With the Wind," from our service because of the objections of Oscar-winning screenwriter John Ridley (whose screenplay for the remake of "Ben-Hur" tanked and was the biggest disappointment of 2016). His objection is that "[Gone With the Wind] doesn't just fall short with regard to representation, it glorifies the antebellum South."

HBO Max execs had nothing to do with making it or releasing it, yet despite producer David O. Selznick being meticulous in every detail preparing "GWTW," they get to sit in judgment of it?

What part of "based on a novel by Margaret Mitchell" did Ridley not get. The book and film were Scarlett and Rhett's love story told with the Civil War as a backdrop. It was a runaway best seller in 1936 and for many years after, and the film won eight Oscars, including one for Hattie McDaniel, who was the first person of color to ever win an Academy Award. A Harris poll a few years back found "Gone With the Wind" is still America's favorite film, and it's been seen by more

people than any other film in motion picture history. Why should we care if HBO Max doesn't show it? It can be seen often on Turner Classic Movies (TCM), TBS and TNT. Should we start burning copies of the book or never watch this classic film again? Should it be shunned like "Birth of a Nation," the 1915 D.W. Griffith classic silent film that causes outcries every time it's revived? No doubt by the time you read this, "Gone With the Wind" will have been restored to HBO Max (yawn).

When I dined with Butterfly McQueen in 1970, she told me, "Mr. Selznick hired me to play Prissy a year before he went into production. I was the first person signed and was paid to wait for production to start. No detail was too big or too small." HBO Max, why don't you try pulling "The Wizard of Oz," there must be people in Salem against witches and riding tornadoes? Just asking.

\*\*\*  
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## GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: \*\*\*

\* Moderate \*\* Difficult \*\*\* GO FIGURE!

	x		+		10
+		+		÷	
	x		÷		6
x		÷		+	
	+		-		7
15		2		7	

1 2 3 3 5 6 7 8 9

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## KOVELS' Antiques & Collecting

By Terry and Kim Kovel

**Uncle Sam Doorstop** --- Iron doorstops became a hot collectible with rising prices about 1990. A 1985 book picturing doorstops and several auctions, which included rare doorstops, sent collectors searching for examples of the 1930s and '40s collectible. They became so popular that thousands of copies were made, many from the original molds. Bright new paint identifies many recent doorstops, but some, with artificial wear and tear, are good enough to fool collectors today. It is almost impossible to break an iron figure, so many iron doorstops still are available with little damage. Top prices are paid for doorstops in great condition with almost all of the original paint. And, of course, rarity adds value.

This original Uncle Sam doorstop has the words "For the Open Door" on the base. The words "For the Open Door" had a political meaning, and it was not just a statement about how the doorstop was used. A complicated "Open Door" policy was promoted by the U.S. in 1899. It suggested that all countries should allow China and other countries to trade with no tariffs, no special harbor charges, and with no interference or attempts to divide China. There was another Open Door political discussion in 1922, and this discussion probably is the one mentioned on the doorstop. China opened special investment zones in 1928. There were more international discussions and changes in 1978 concerned with China's industry, trade and foreign investment.

The Uncle Sam doorstop is rare and desirable, and this one, with great paint, sold several years ago at a Ber-toia Auction for \$21,240. The 1985 value was \$250.

\*\*\*

Q: My sister was given a black Couroc serving tray

with 37 presidential coins in it. The coin representing President Gerald R. Ford is in the center. It's 18 by 12 1/2 inches. What can you tell me about it?

A: The Couroc Co. was founded in Monterey, California, by Guthrie Courvoisier in 1948. The name is derived from the first four letters of his last name, "Cour," with "oc" added to make it sound like "rock." Most Couroc items were made of black resin and embedded with coins, wood, metal or objects from nature. Courvoisier died in 1963 and the company closed in the 1990s. The value of your tray is about \$30.

\*\*\*

### CURRENT PRICES

Mechanical bank, Uncle Sam standing on platform, eagle, lever lowers arm and drops coin into bag, cast iron, paint, c. 1910, \$175.

Gold medal, embossed, "Fourth of July 1913-Patterson N.J.", Andrew F. McBride-Mayor engraved on back, 1 1/2-inch diameter, \$210.

Scent bottle, ruby-red glass and silver plate, tubular with hinged lid on one end and screw cap on other, engraved July 4th 1880, Victorian, \$215.

American flag, cotton on wooden stick, hourglass pattern of 44 stars, mounted on fabric and board, gilt frame, c. 1895, 27 x 24 inches, \$850.

\*\*\*

**TIP:** Apply your makeup, wash your hands, then put on your jewelry. This is especially important for pearls.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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## STICKELERS

by Terry Stickels

Draw a square. Now divide the square into four equal and congruent parts with three straight lines.

None of the lines can cross each other within the square. How can this be done?

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## Strange BUT TRUE

\* During the Great Fire of New Orleans in 1788, priests refused to allow church bells to be rung as fire alarms because it was Good Friday. As a result, 856 buildings burned during the conflagration.

\* Ancient Egyptians believed that men menstruated too and that blood in men's urine and stool was a positive sign of fertility. Little did they know that parasitic worms were the likely cause.

\* It would take less than six months to get to the moon by car at 60 mph.

\* It's not every day that a man in love demonstrates his affection by holding a funeral, but future president Ulysses S. Grant wasn't every man. When his future wife Julia's pet canary died, he painstakingly fashioned a small coffin for it, which he painted yellow, then summoned eight of his fellow military officers to Julia's house, where he conducted a service for the bird.

\* Babe Ruth once said he knew he didn't swing hard enough if "a little poop didn't come out."

\* August Rodin's work "The Age of Bronze" was so realistic that some people thought he'd actually sacrificed a real person inside the cast.

\* English poet Lord Byron was a student at Cambridge University when he took issue with the ban on keeping dogs as pets, so he came up with a unique way of getting back at the school: Since there was no prohibition in the fine print against bears on campus (probably because they'd never had a pupil quite like Byron before), he not only found a bear to keep as a pet, but also took it for walks around the grounds on a leash.

\* Despite being raised and identifying as Jewish, singer-songwriter Leonard Cohen spent five years in seclusion at the Mt. Baldy Zen Center in California and was ordained a Buddhist monk in 1996.

\*\*\*

**Thought for the Day:** "Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." -- Mark Twain

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## Now here's a tip!

by Jo Ann Derson

\* Someone late for dinner? To keep potatoes warm without drying them out (as would happen in an oven), set their serving dish in a larger pan of hot water and cover.

\* "I use a small plastic bowl as a scoop in my big bag of potting mix. It's a good amount to pot a small plant, and I can hold my pot over the bowl to save the soil." -- R.F. in Oregon

\* Give your buttons a boost! Use clear nail polish to strengthen the strings holding your buttons in place. Just a drop on the face of each button, and let dry. You'll never know it's there, but it definitely helps.

\* "Remember this old trick when camping: Use salt to keep ice cold and slow the melt. In fact, I salt the ice in the cooler whenever we use it, camping or not!" --

G.L. in South Carolina

\* Challenge your school-age kids or grandkids to a "word scavenger hunt" in the daily newspaper. You can have them search for words relating to a particular subject, or have a contest to see who can find the most unusual or complex words. It gets them reading and looking! Preschool-age kids can use a magazine to do a scavenger hunt for certain items, like colors, animals, kitchen items, etc.

\* Mark a reusable water bottle with time measurements so you'll know if you are drinking enough during the day.

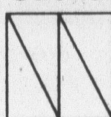
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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## Go Figure! answers

	7		2		15
7	9	-	8	+	5
	+		÷		x
9	3	÷	6	x	2
	÷		+		+
01	3	+	7	x	1

## Stickelers Answer

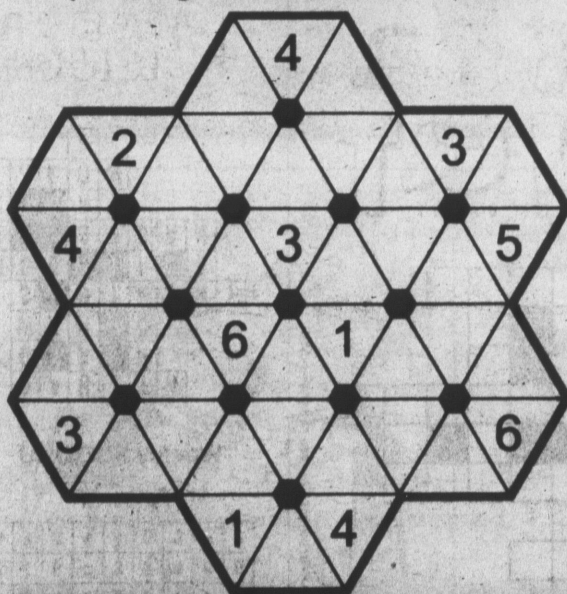


Here's one way:

## SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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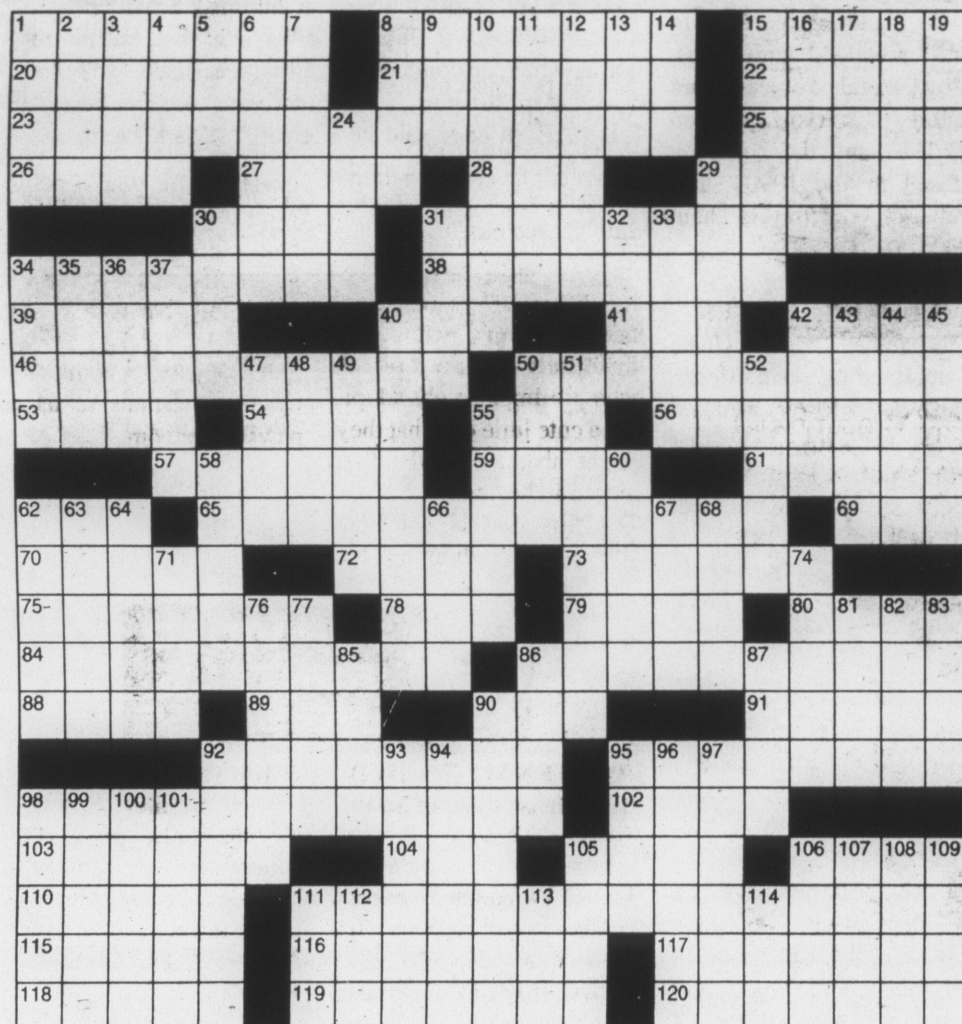


## Super Crossword

HOLDING THE LINE

### ACROSS

- 1 Boat docks  
8 Mere penny  
15 Stair face  
20 Generally  
21 Infused with carbon dioxide  
22 Cosmetics queen  
23 Holiday tree brighteners  
25 Figure skating category  
26 Baby blues, say  
27 Detroit loc.  
28 By way of  
29 — Babies  
30 Info on a library slip  
31 Thing swung on a court  
34 Underrated  
36 Federal case, so to speak  
39 Countrified  
40 See 42-Across  
41 German's "one"  
42 With 40-Across, headwear for doing laps  
46 William Tell welded one
- 50 Nine-footer with 88 keys  
53 Game with a cue stick  
54 "Cat on — Tin Roof"  
55 Bakery treat  
56 Atypical pets  
57 Taco sauce brand  
59 Everyone, in German  
61 Topic in question  
62 Beddy-bye clothes  
65 Gravity-defying party decoration  
69 Have a go at  
70 Reply to "You are not!"  
72 Spoiled stars' problems  
73 Running back Smith  
75 Pro at PR  
78 Crude abode  
79 "Hud" actress  
80 Morales of film and TV  
84 Pinocchio, for one  
86 Rosary's nonreligious relative
- 88 Like a spud-slicing GI  
89 Aide to Santa  
90 Some small batteries  
91 Holiday tree topper  
92 Really mad  
95 Film director  
98 Alternative to drapes  
102 Merit  
103 Spanish province capital  
104 Cellular stuff  
105 Rick's love in a 1942 film  
106 Farmland unit  
110 Cleaned up some leaves  
111 What eight of this puzzle's answers have  
115 Saw wood  
116 Capital of New Jersey  
117 Paying to stay at  
118 Disburdened  
119 Like mustard  
120 Post-Trojan War tale
- 2 White-faced  
3 Seldom seen  
4 Pupil site  
5 Greek letters  
6 "Nashville" director  
7 Arab, e.g.  
8 Unduly quick  
9 Slender fish  
10 Force to rise  
11 Shutting in  
12 Fuel gas  
13 Court divider  
14 Grid stats  
15 Annul  
16 Sci-fi's Asimov  
17 Smell awful  
18 Uncanny  
19 Turn to 000  
24 Did perfectly  
29 Secret taste-test label  
30 Strike mark  
31 Defreeze  
32 Conception  
33 Fisher's net  
34 Tinfoil, e.g.  
35 Irish money  
36 BP gas brand  
37 Painter Frida  
40 Instructed jointly  
42 Uses a divan  
43 Belt's place  
44 Acquire, as debt  
45 Stroll
- 47 Be worthy of  
48 Kids' writer  
49 Silverstein  
50 Bacall's first hubby  
51 — monster  
52 Gist  
53 Chile's —  
54 (Mexican dishes)  
55 Blatz brewer  
58 West Virginia's state flower, for short  
60 Fudd of cartoonism  
62 California's — Beach  
63 Osaka's land  
64 Smarmy smile  
66 Pouty face  
67 Epps of TV's "House"  
68 Smarmy  
71 Barber's cut  
74 Some minors  
76 Boxing combo  
77 H'wood type  
81 Wise soul  
82 Some Snapple products  
83 Cruise stop  
85 Big brand of nonstick cookware
- 86 Joking types  
87 Cowshed site  
90 It's faster than adagio  
92 Laid down the lawn?  
93 "The Queen" star Helen  
94 Seventh — stretch  
95 Ward of TV  
96 Fidel of Cuba  
97 Sounded off  
98 Poorer  
99 Donald's first wife  
100 "Zorba the Greek" novelist  
101 John — (tractor maker)  
105 Lacks entity  
106 Play units  
107 Greek letters  
108 Artist  
109 Irritable  
111 Fuel additive brand  
112 Mr. Capote, to his pals  
113 Weed B — (lawn care product)  
114 In — case



## Celebrity extra

by Dana Jackson

**Q: Christian Slater is one of my favorite actors from the '80s. I loved him in "Heathers." Does he have any new projects coming out once the pandemic is over? — C.U.**

**A:** Slater, who looks fantastic at 50, had his first role in the daytime drama "Search for Tomorrow" before he was even a teen. His father, Michael Hawkins, also acted on soaps ("Ryan's Hope"), and his mother, Mary Jo Slater, was a casting director. The first time I remember hearing Christian Slater's name was in 1989 when he starred as a skateboarder in the film "Gleaming the Cube," but it wasn't until later that same year in the movie "Heathers," where he channeled a young Jack Nicholson, that his stock soared.

While he's been gainfully employed for more than 30 years now, his career has had its ups and downs. Fortunately, it's been on the upswing for the past five years, resulting in a Golden Globe win for his role in the critically acclaimed series "Mr. Robot."

Also, you don't have to wait until after the pandemic to see him in something new.

He's currently starring in the second season of the anthology series "Dirty John" on the USA Network, which is based on the true crime story of Betty Broderick.

\*\*\*

**Q: I was so sad to hear that Andy Cohen had to find his dog a new home. Did he take him to a shelter? — B.S.**

**A:** Producer and talk-show host ("Watch What Happens Live" on Bravo) Andy Cohen recently made the tough decision to rehome his dog, Wacha, but it's a place the beagle mix knows well -- a residence in Connecticut where he stayed when Cohen vacationed.

Fans know Wacha well from his visits to Andy's talk show set and Instagram page, but he did have a reputation for being a bit unpredictable. (He reportedly nipped at pal Anderson Cooper one time). After Andy's son Benjamin was born, Wacha seemed to be adjusting well to the change, but apparently something happened recently where dog behavior experts told Cohen it would be best to rehome his four-legged friend.

Cohen recently visited Wacha at his new home and took him for a walk. His new owner stated that Wacha is doing great, and Cohen plans on visiting on a regular basis.

\*\*\*

**Q: I love the musical comedy "Perfect Harmony,"**



PHOTO: Christian Slater  
Photo credit: Depositphotos

**but a friend of mine heard that it's been canceled. Is there not going to be a second season? — P.A.**

**A:** We could use some more uplifting shows right about now, but unfortunately "Perfect Harmony" isn't going to be one of them. The NBC comedy about a small-town choir starring the always terrific Bradley Whitford ("West Wing") and Anna Camp ("Pitch Perfect") just wasn't music to everyone's ears, averaging less than 2 million viewers per week, which is small for network television. NBC also canceled another freshman series, "Lincoln Rhyme," starring Russell Hornsby as a serial killer profiler.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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## Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                        |                 |                       |                 |
|------------------------|-----------------|-----------------------|-----------------|
| 1. Pancake alternative | W _ _ _ _ _     | Sweepstakes           | R _ _ _ _ _     |
| 2. Musical pace        | _ _ _ _ _ O _ _ | Lure                  | _ _ _ _ _ T _ _ |
| 3. New York island     | _ _ _ _ _ L _ _ | King of rock 'n' roll | _ _ _ _ _ V _ _ |
| 4. More courageous     | _ _ _ _ _ L _ _ | Boundary              | _ _ _ _ _ R _ _ |
| 5. Santiago's country  | _ _ _ _ _ E _ _ | Youngster             | _ _ _ _ _ D _ _ |
| 6. Tall                | _ _ _ _ _ O _ _ | Southpaw              | _ _ _ _ _ E _ _ |
| 7. Four quarters       | D _ _ _ _ _     | Dog's band            | C _ _ _ _ _     |
| 8. Snowy color         | _ _ _ _ _ H _ _ | Use a pen             | _ _ _ _ _ R _ _ |
| 9. Corn                | _ _ _ _ _ Z _ _ | Lobster state         | _ _ _ _ _ N _ _ |
| 10. Mom or Dad         | _ _ _ _ _ R _ _ | Copyright             | _ _ _ _ _ T _ _ |

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## Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Super Crossword

Answers



## Even Exchange answers

- |                   |                   |                    |                   |
|-------------------|-------------------|--------------------|-------------------|
| 1. Waffle, Raffle | 6. Lofly, Lefty   | 10. Parent, Patent | 5. Chile, Child   |
| 2. Tempo, Tempt   | 7. Dollar, Collar | 9. Maize, Maine    | 4. Border, Border |
| 3. Ellis, Elvis   | 8. White, Write   |                    | 3. Ellis, Elvis   |
| 4. Bolder, Border |                   |                    | 2. Tempo, Tempt   |
|                   |                   |                    | 1. Waffle, Raffle |

**FEAR & KNIGHT**  
By: rj Johnson  
DOUBT? ... OR DARE!

NHE  
DRENIO  
♥WEDSO  
♥TEWN  
NYDHIG  
ENE  
RHDA  
♥ENDSA  
♥AWR  
HAIDAL  
♥RTWHO  
♥OSDH

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

**FEAR & KNIGHT**  
answer

DOWN  
1. THROU  
2. SEDAN  
3. NEED  
4. HAVY  
5. WARD  
6. AVAL  
7. DALLA

Weekly SUDOKU  
Answer

2	8	3	4	9	1	7	9	5
9	5	7	3	9	4	5	6	1
3	6	4	2	8	5	1	7	9
8	2	1	5	9	3	6	4	7
6	5	4	2	7	9	1	8	3
4	9	7	8	1	5	6	2	3
1	3	2	9	7	4	6	8	5
9	4	8	6	2	7	3	1	5
7	8	9	5	1	2	9	4	6

J  
U  
N

2  
5

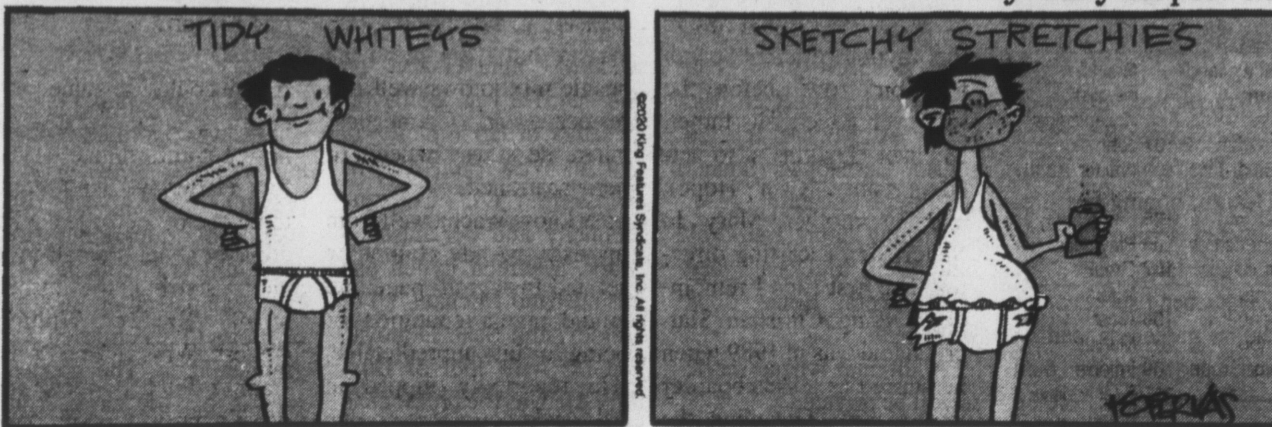
2  
0  
2  
0



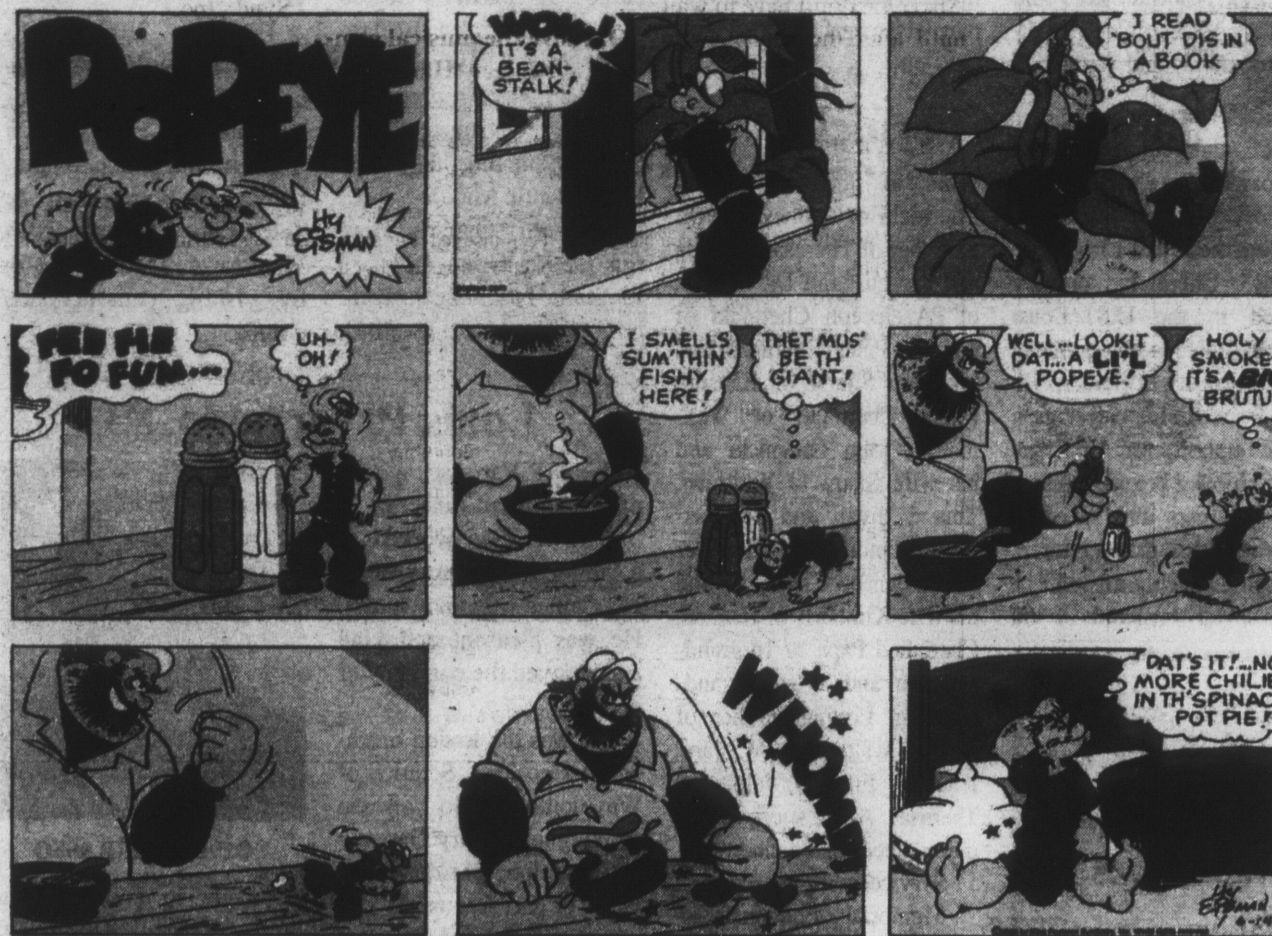
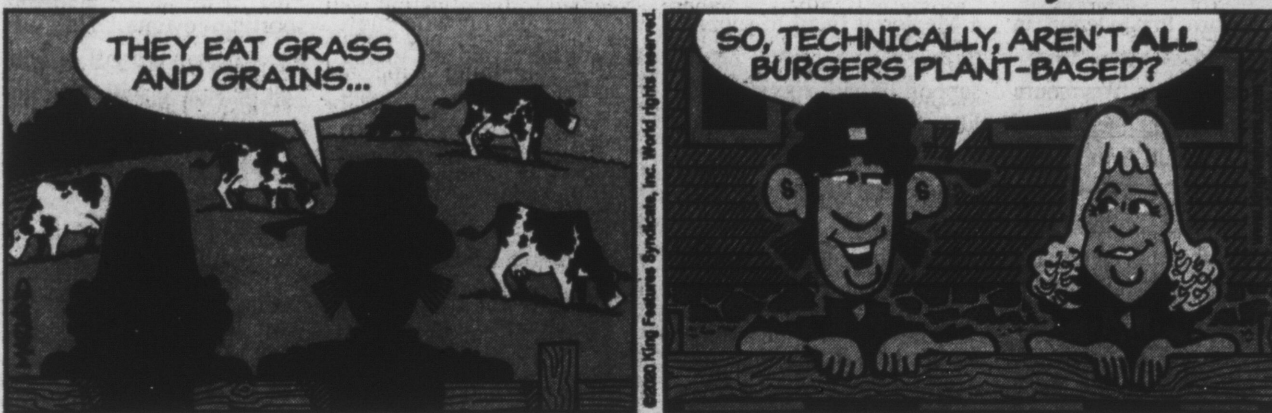
## Amber Waves




## Out on a Limb



## R.F.D.





### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Shrill  
**BELTER**

Champion  
**THINK**

Forest  
**TRIMBE**

Adorn  
**LISTEN**

**TODAY'S WORD**

"You know what did it? I prepared a home-cooked meal for him..."

In a \_\_\_\_\_

by Dave T. Phipps

by Gary Kopervas

by Mike Marland

## Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

1	4	5	2	6	3
2	6	4	4	4	5
2	5	1	5	4	2
3	5	3	6	4	1
5	3	6	3	1	4
4	2	3	1	3	6

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## Are High Rehoming Fees Legitimate?

### DEAR PAW'S CORNER:

In a private Facebook group I belong to, someone is offering a pet for adoption, saying it belonged to their recently deceased mother-in-law. They want a \$650 fee for "rehoming" the pet, because they say it has AKC registration. Is this a legitimate fee? It seems awfully steep. -- James in Burlington, Vermont

**DEAR JAMES:** Rehoming fees are a fact of life for private pet placements, but \$650 to simply adopt a pet is unreasonably steep.

That isn't to say that rehoming fees are a bad thing. A reasonable rehoming fee can prevent a pet from being adopted by people with bad intentions, who can't financially care for a pet, or who are impulsively adopting a cute little dog that they might abandon at the first hiccup in behavior.

The flip side is someone abusing the rehoming fee

for personal profit. That person may claim that the fee offsets their costs of caring for the pet, but when the rehoming fee far outstrips the cost of adopting from a shelter, it's time to proceed with caution.

Find out what the local shelter charges to adopt a pet and ask online what average rehoming fees are for your area. If you're interested in the dog, contact the offerer and find out as many details as possible about its breed, temperament, health and the environment it lives in. Do not send any money beforehand. You need to meet both them and the dog in person, and no money should change hands until both sides agree (in writing, ideally) to the rehoming. Further, if they are truly concerned for the dog's welfare, they will have questions for you -- maybe even an application -- to make sure you are genuinely adopting the dog and will be a good owner.

Send your comments, tips or questions to ask@pawscorner.com.

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## TOP TEN VIDEO, DVD for release week of June 22, 2020

### Top 10 Video On Demand

1. The Invisible Man (R) Elisabeth Moss
2. Bad Boys for Life (R) Will Smith
3. Sonic the Hedgehog (PG) James Marsden
4. Survive the Night (R) Bruce Willis
5. Jumanji: The Next Level (PG-13) Dwayne Johnson
6. Blumhouse's Fantasy Island (PG-13) Michael Pena
7. Bloodshot (PG-13) Vin Diesel
8. Body Cam (R) Mary J. Blige
9. Emma (PG) Anya Taylor-Joy
10. The Call of the Wild (PG) Harrison Ford

## Top 10 DVD, Blu-ray Sales

1. Sonic the Hedgehog (PG) Paramount
2. The Invisible Man (R) Universal
3. Onward (PG) Disney
4. Birds of Prey: And the Fantabulous Emancipation of One Harley Quinn (R) Warner Bros.
5. The Call of the Wild (PG) Fox
6. Star Wars: Episode IX: The Rise of Skywalker (PG-13) Disney/Lucasfilm
7. Jaws (PG) Universal
8. Bloodshot (PG-13) Sony Pictures
9. Jumanji: The Next Level (PG-13)
10. Bad Boys for Life (R) Sony Pictures

Sources: comScore/Media Play News

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## Hitori answer

6	3	1	3	2	4
1	4	3	9	3	5
1	4	3	6	4	1
2	5	1	5	4	2
2	6	4	4	4	5
1	4	5	2	6	3

**BIKINI**

Today's Word

3. Timber; 4. Tinsel

1. Treble; 2. Knight

**SCRAMBLERS**



## OBITUARIES

## Robert E. Powers, 92

Robert E. Powers, 92, of Quincy, died June 17.

Born in Boston on Dec. 21, 1927, he was the son of the late Joseph Powers and Mary (Cardarelli). Mr. Powers was the beloved husband of the late Theresa J. (McDonough) in a marriage that lasted over 65 years, and the devoted father of Steven Powers and his wife Elaine of Quincy, Brian Powers and his wife Gail of Braintree, Robert Powers and his wife Pamela of Lexington, and Michael Powers and his wife Barbara of East Falmouth. He was the brother of Joan Cahill who is married to Charles of Hingham, and the late Joseph Powers who was married to the late Kay of Alton Bay, NH. He was the beloved grandpa to Brian Powers and wife Mikala, Emily Cooley and husband Scott, Stephanie Powers, Aidan Powers and wife Christina, Alexandra Cellucci and husband Marc, Liam Powers and wife Kristen, Marissa Powers and wife Elicia Hickey, Erin, and Kelsey. He was predeceased by his granddaughter Shannon Nissa Bailey Powers. He adored his 10 great-grandchildren and was proud of being "Uncle Bob" to the many nieces and nephews from the Powers, Cahill, McDonough, Towle, Pesieri, Burns, Hannigan and Jansky families.

Mr. Powers served in the United States Coast Guard and Army National Guard and was a retired chief engineering supervisor for the Boston Public Schools, where he worked for over 30 years, starting out as a custodian. Mr. Powers attended Boston Technical High School. He was an



ROBERT E. POWERS

active member of the St. Joseph parish in Quincy.

His sense of humor and personal loyalty earned him lifelong friendships, many of which began when he was growing up in the St. Mark's section of Dorchester. Mr. Powers enjoyed a long and healthy retirement playing golf and spending time with his cherished family; you could always expect a birthday or anniversary card in the mail and a loving phone call from dad and grandpa to mark special occasions.

Mr. Powers never met a home repair project or political debate that he could not handle and his intellectual curiosity and passion for education are important parts of his lasting legacy.

Graveside services at Blue Hill Cemetery in Braintree will be private.

Memorial donations may be made to Cystic Fibrosis Foundation, Massachusetts/Rhode Island Chapter, 220 North Main St. Suite 104, Natick MA 01760, fightcf.org; or to Neurofibromatosis Northeast, 9 Bedford St., Burlington, MA 01803, nfnortheast.org.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Anne Marie Reed, 68

Anne Marie Reed of Abington, formerly of Quincy, died at home, finding her peace on June 13, the day after her 68th birthday.

She was born in Quincy to Frank and Jennie Wainionpaa; growing up in the Finnish tradition at West Quincy Congregational Church in Quincy and Camp Clear in Carver. She graduated from Quincy High School, Class of 1970, achieved certificates at Vesper George School of Art and The School of Fashion Design, honing her lifelong love of sewing.

In their later years, she and her husband spent countless hours gardening, sailing and nurturing their cherished grandchildren. Mrs. Reed was beyond caring, selfless, and a woman of deep faith, serving others many years at Fort Square Presbyterian in Quincy, South Shore Christian Academy in Weymouth and as a current member of Grace Church in Avon.

Childhood sweethearts and lifelong companions with 46 years of marriage, she is the beloved wife of Arthur E. Reed, Jr. Devoted mother of Ashley S. R. Tiguay, her husband Igor and daughter Mila Anja Tiguy of Billerica, Anne K. Reed and son Jack Michael Reed Cluett of Rockland, and Arthur E.

## Joseph S. Chernicki

Joseph S. Chernicki, of Quincy, formerly of South Boston, died June 13.

Mr. Chernicki proudly served in the U.S. Coast Guard, finishing his service at the Boston Light Station. He had a successful career as a skilled upholsterer. Mr. Chernicki enjoyed boating, tinkering with cars and spending time with his grandchildren. He will be deeply missed.

Beloved husband of 60

Reed III, and his wife Kelly A. Reed of Southborough. Loving sister of John Wainionpaa and his wife Linda, of Centerville. Sister-in-law of Mark Reed and his wife Karen of Weymouth, Donna Ignagni of Kingston, and Paul Reed and his wife Laurie of Plymouth. Dear aunt of Heidi Adamski, Erik Wainionpaa and Sinikka Waugh; Daniel Reed, Stephen Reed, Paul Reed II, Meghan Reed, Victoria Reed, Michael Ignagni, godson Christopher Ignagni and Joseph Ignagni.

Visiting hours were held June 19 in McDonald Keohane Funeral Home, South Weymouth.

Additional funeral services will be private.

To honor her memory and continue her lifetime of service, the family has setup a Memorial Fund to support those seeking mental health support or with special needs and like apraxia, and to continue charitable donations to causes Mrs. Reed supported. She suffered silently from major depression for a number of years. Please encourage those around you to reach out for help if suffering from thoughts of hopelessness. Memorial donations may be made to Purple is Powerful at purpleispowerful.com.

years to Joanne (Mahan) Chernicki of Quincy. Devoted father of Theresa Richards and her husband Dr. Charles of PA, Joseph Chernicki of Quincy, Peter Chernicki and his wife Sheila of Hanson, Frank Chernicki of Weymouth, John Chernicki and his wife Shara of Whitman, Tina Sullivan and her husband Timothy of Hanover and Michael Chernicki and his wife Kimberly of Hanson. Cherished Papa of 16 grandchildren and 2 great-grandchildren. Loving brother of the late Walter, Ida, William, Jeanette, Frances, John and Theresa. Also survived by many nieces and nephews.

Services will be private. Memorial donations may be made to Quincy Veteran Services, 24 High School Ave, Quincy MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

## Leo W. Donovan, 80

Leo W. Donovan, age 80, of Quincy, died suddenly June 15.

Born in Boston and raised in Dorchester, he was the son of the late Charles T. Donovan and Nora H. (Sullivan). Mr. Donovan was the beloved husband of Kathleen M. (Cafferty) Donovan of Quincy with whom he would have shared a 57th wedding anniversary on Aug. 24. He was the devoted father of Brian Donovan and his wife Tami of Williamsburg, VA, Christine Donnelly and her husband Mark, Maureen Lynch and her husband Michael, all of Quincy, and Sean Donovan and his wife Jodi of Duxbury. He was the brother and best friend of Joseph Donovan and his wife Susan of Quincy, and the late Charles Donovan and his wife Judy. He was the proud and loving grandfather of Conor and his wife Kayla, Aidan, Colin, Liam, Caroline, Owen, Griffin, Maggie, Molly, and Ronan. He is survived by many loving and cherished nieces and nephews.

Mr. Donovan was a graduate of Boston Technical High School and Massachusetts Maritime Academy. He earned his master's degree in education from Bridgewater State University. Mr. Donovan was a retired educator for the Quincy Public Schools, having taught at both Atlantic Middle School and North Quincy High School. Mr. Donovan was a longtime baseball, softball, and soccer coach at North



LEO W. DONOVAN

Quincy High School.

He was an avid golfer and enjoyed bowling and playing cards with his friends. A tremendous two sport athlete in college, Mr. Donovan passed on his love of sports to his children and grandchildren. The greatest joys in his life came from time spent with his family, especially his grandchildren and attending their many sporting events. He was blessed with the gift of faith that he shared with his family and loved ones.

Having spent his whole life as an educator, Mr. Donovan has left his loved ones with so many life lessons that he both shared with them in his words and showed them in his actions.

Mr. Donovan's funeral Mass and burial will be private.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to Boston Catholic Television, PO Box 9196, Watertown, MA 02471 or by visiting catholicstv.org/donate.

## Louis P. Varrasso, 83

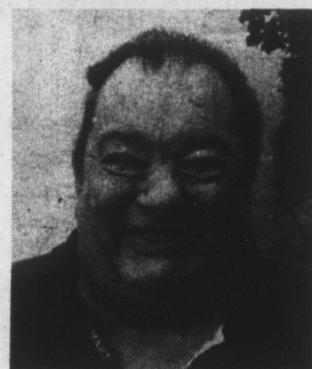
Louis P. Varrasso, age 83, of Quincy, died June 18.

Mr. Varrasso worked as a janitor for Quincy Medical Center for many years. He was pleasant and kind and enjoyed the company of people.

He was the loving brother of Carolann Schultz of Weymouth, Guido Varrasso of Hingham, Mary Gargano of Randolph, Eleanor Rainwater of KY, Augustine Varrasso of Randolph, the late Francis Varrasso, and the late Paul Varrasso. Also survived by many nieces and nephews.

Services are private.

Memorial donations may



LOUIS P. VARRASSO

be made to Father Bill's Place, 38 Broad St., Quincy, MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.



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## Vincenza L. Federico, 89

Vincenza L. "Franny" (Tortorici) Federico, 89, of Quincy and formerly of Boston's North End, died peacefully at her home, surrounded by her loving family, on June 18.

Born in Boston on Sept. 9, 1930, she was the daughter of the late Joseph and Elisa (Greco) Tortorici and attended local schools. She graduated from The Girl's High School in Boston with the Class of 1948. After high school, she went right to work. She had many jobs throughout her career working at Mass General and different insurance companies, her last job was at BFDS working as a receptionist. She enjoyed her work and all the relationships she built throughout the years. Mrs. Federico retired in 1991 and looked forward to spending quality time with her family, doing the things she loved.

In her spare time, Mrs. Federico always kept active with her hobbies, she enjoyed taking long walks, reading poetry and social gatherings. When she was home, Mrs. Federico enjoyed cooking, listening to Willy Nelson, John Denver and reading stories of people's lives. She also liked to travel and meet her sisters every Wednesday for lunch in Boston's North End.



VINCENZA L. FEDERICO

Family was the most important part of her life. Mrs. Federico had two careers, the first was a full-time homemaker, while the second being a full-time receptionist. Family was the most important part of her life.

Mrs. Federico was a very neat and organized person. Though she was private, Mrs. Federico loved to laugh and had a great sense of humor. Her life lessons and example are part of her legacy that continue through her family. She will be missed by all the lives she touched.

She was the beloved wife of Peter W. Federico. The two married on Oct. 11, 1959 in Sacred Heart Church of Boston's North End. Together the two shared 60 years of loving marriage. She was the devoted mother of Christina Jones and her husband James of Quincy and the loving grandmother of Daniel Jones of Brighton, Peter Jones of Cambridge and Richard Jones of Newton. She was

the dear sister of the late Sal Tortorici and his wife Grace of Boston, the late Gus Tortorici and his wife Barbara of Quincy, Mary DeSimone and her husband John (late) of Charlestown, the late Frank Tortorici and his wife Virginia (late) of Boston, the late Margie Luongo and her husband Silvio (late) of Boston, the late Jackie Tortorici and his wife Florence of Gig Harbor, WA, Mario Tortorici and his wife Roberta of Peabody, Lucy Busa and her husband Tony of Needham, Gloria Petruzzello of Brookline, Dottie Paolo and her husband Armando (late) of Arlington, Vicky Maurici and her husband Angelo of Westwood. She is also survived by many loving nieces and nephews.

A Mass of Christian Burial was celebrated privately at St. Ann's Church, Quincy, on Tuesday, followed by private interment in Blue Hill Cemetery, Braintree.

Memorial donations may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or to Shriners Hospitals for Children, 2900 Rocky Point Drive, Tampa, FL 33607.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

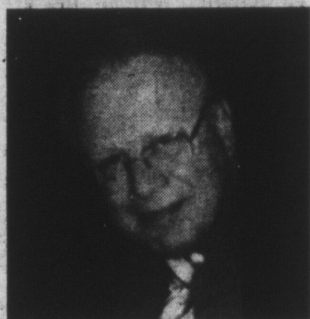
## Herbert S. Dunham

A funeral service for Herbert S. Dunham of East Bridgewater was held Tuesday in McDonald Keohane Funeral Home, South Weymouth.

Mr. Dunham died unexpectedly June 19 at home.

He was born in Quincy to the late Robert and Mary (Simmons) Dunham. He attended Quincy High School and obtained his bachelor's degree from Northeastern University. Mr. Dunham was a proud Vietnam era Navy veteran and was a member of the American Legion Abington Post 112.

He worked for many years as a controller in manufacturing facilities such as



HERBERT S. DUNHAM

Pneumatic Scale in North Quincy, Barcolene Company in Holbrook, Double E Company in West Bridgewater and C.P. Bourg Inc. in New Bedford. Mr. Dunham was a selfless man who gave his time to volunteer work over the years at Wareham District Court and also at special education surrogate.

parent.

Beloved husband of 47 years to Carol A. (Longo) Dunham of East Bridgewater. Loving father of Aimee Dunham and Renee Crepeau of Lawrenceburg, TN, Holly Parker and James Parker Jr. of Halifax and the late Keith Dunham. Proud grandfather of James Parker, Nathan Parker, Peter Parker and George Crepeau. Also survived by many nieces and nephews. He is predeceased by his siblings; Edward and Richard Dunham.

Memorial donations may be made to Adult and Teen Challenge, 5250 N Towne Center Dr., Ozark, MO 65721.

## Loretta F. Palmacci, 92

A funeral Mass for Loretta F. Palmacci, age 92, of Quincy was celebrated Wednesday in St. John the Baptist Church, Quincy.

Ms. Palmacci died June 19.

A 40-year Quincy resident, she was born in Cambridge. She earned her Bachelor's degree in history and elementary education from Emmanuel College and her Master's Degree in teaching and pastoral counseling at Boston State College.

A Sister of Notre Dame for 29 years, Ms. Palmacci served as a teacher and detox and alcohol abuse coun-



LORETTA F. PALMACCI

selor at various Catholic schools in Boston. She later worked as a substance abuse counselor at the Middlesex Regional Addiction Center in Waltham and at Quincy Detox at Faxon House.

The beloved partner of

Maureen Murphy of Quincy, she co-parented Debi Murphy and her partner Jamie Fontaine, Kara Murphy and Teresa Murphy and was co-grandmother of Debi's children, Kyle Murphy and Mya Fontaine; daughter of the late Angelo and Teresa Palmacci; dear sister of Alba Thomas of Stoneham, Virginia Marasa of Lexington and the late Frank Palmacci and Ilia Trombley; and is also survived by many nieces and nephews.

Funeral arrangements were made by the Dennis Sweeney Funeral Home, 74 Elm St., Quincy.

## Chi-En Lee



CHI-EN LEE

Chi-En Lee of Marlborough died June 17.

Predeceased less than three months prior by her loving husband of 68 years, Ching-Wen Lee, she is survived by her devoted son and daughter-in-law, Harry and Eileen Lee, of Quincy; the families of loving nephews Al Wei of Toronto; Paul Wei of East Lansing; Naxin Li of Washington, D.C.; and generations of relatives in China, her birthplace.

At age 11, Mrs. Lee led two younger sisters on a refugee trek up the Yangtze River from Wuhan to Chongqing to escape the Japanese while her parents stayed behind to take care of still younger siblings. Due to that harrowing experience, she grew resilient, self-reliant, and devoted to Christianity as she followed her mother's orders to kneel and pray whenever she did not know what to do during that trek.

Mrs. Lee immigrated to

the United States to join her husband in 1959, ultimately settling in Knoxville, Tennessee, before moving with her husband to Marlborough in 2004 to be close to family.

When she landed in the United States, she spoke no English. She subsequently graduated from college, and had careers as a hospital dietitian, alterations tailor, and gift shop owner. She grew a garden once selected to be part of the Knoxville Dogwood Arts festival; sold home-made tofu; taught Chinese cooking and Tai Chi;

sang in choirs; knitted, did macramé, and quilted.

Mrs. Lee had close friends everywhere; was an incredible mother and wife; was always looking to help whomever, whenever; played a mean game of mah jong and ping pong. She will be missed.

Due to the pandemic, services will be private. Chi-En will be laid to rest at Cedar Grove Cemetery in Dorchester, next to Ching-Wen and her daughter-in-law's parents.

Memorial donations may be made to New Horizons at Marlborough, 400 Hemenway St., Marlborough, MA 01752 (attn: Finance Administrator) where she resided contentedly for 15 years.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

## Margaret E. Callahan, 80



MARGARET E. CALLAHAN

A funeral Mass for Margaret E. (Kent) Callahan, 80, of Quincy, was celebrated Wednesday in St. Ann's Church, Quincy.

Mrs. Callahan died June 18 after a lengthy illness.

Born in Boston, she was the daughter of the late Ollie Kent and Anna (Kilgallon). She was the beloved wife of the late William J. Callahan, and the devoted mother of Elizabeth Harrington and her companion John D'Andrea of Sagamore Beach, Robert Raimondi, Jr. and his wife Katie of Quincy, and Gwendolyn Klutsch and her husband Mitchell of NH. She was the proud and loving grandmother of Hillary and Jonathan Klutsch, and Dylan and Matthew Raimondi.

Mrs. Callahan was a Quincy resident for almost 60 years and worked as a

medical secretary in the Outpatient Department at Carney Hospital in Dorchester for 26 years. She was also a member of the Quincy Elks and South Quincy Social Club.

Her main passion in life was her family. Mrs. Callahan loved family outings, adventures and gatherings all of which brought her great joy. For years, we gathered for regular Sunday dinners at her house where the food was fabulous and

the atmosphere always fun. She loved a challenge and taught herself how to cook, sew, bake and more! She made tablecloths for everyone in the family and knit Christmas stockings for her children and grandchildren.

Mrs. Callahan was loved by many and will be missed by us all. She will be remembered for her kind and generous heart, her fun loving spirit and her boisterous laugh.

Private interment at Massachusetts National Cemetery, Bourne.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

Memorial donations may be made to the Alzheimers Association, MA Chapter, 309 Waverley Oaks Rd., Waltham, MA 02452.

## Muriel J. Rapalje, 79



MURIEL J. RAPALJE

Muriel Joyce (Gordon) Rapalje, 79, of Quincy, died June 19.

She was born in Portland, Maine on May 14, 1941. She was the daughter of the late Rev. Lloyd and Harriet (Austin) Gordon.

Mrs. Rapalje earned her undergraduate and Master's degree in education from Eastern Nazarene College in Quincy. She worked as a teacher in the Quincy and Weymouth school systems. Mrs. Rapalje loved learning, teaching, and especially reading. She lived for her Christianity and family, stating her children were her greatest investment.

With profound sadness she leaves her three children, Brian Rapalje of Nashua, NH, Randy Rapalje of

nieces, nephews, cousins and many dear friends.

Mrs. Rapalje was a long standing member of the Wollaston Church of the Nazarene for over 50 years. Her loved ones would like to extend their tremendous gratitude to the Dr. Ruth McClain Hospice House for the compassionate and devoted care during Mrs. Rapalje's last months on earth.

Memorial donations may be made to the Dr. Ruth McClain Hospice House, 321 Manley St., West Bridgewater, MA 02379.

There will be a celebration of life for Muriel in the coming months. Please visit keohane.com/services/muriel-joyce-gordon-rapalje/ for updates and service announcements.



## LEGAL NOTICE

**CITATION ON PETITION FOR FORMAL ADJUDICATION**  
Docket No. NO20P1298EA  
**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

**Estate of:**

Wesley Thomas Kobles

**Also known as:**

Wesley Kobles,

Wesley T. Kobles

**Date of Death:**

December 7, 2019

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Juliana L. Duarte Neves Kobles of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Juliana L. Duarte Neves Kobles of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

**IMPORTANT NOTICE**

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/22/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court.**

Date: June 16, 2020

PATRICK W. McDERMOTT  
Register of Probate

6/25/20

**More Quincy News**  
online at  
[www.TheQuincySun.com](http://www.TheQuincySun.com)

## OBITUARIES

**Patrick J. Carey, 68**

Patrick Joseph "Pat" Carey, 68, of Quincy and formerly of Dorchester died suddenly at his home on June 17.

Born in Boston on March 5, 1952, he was the son of the late Terence J. and Mary A. (O'Connor) Carey and attended Dorchester schools. Mr. Carey worked in the taxi industry for many years. He enjoyed his work and the relationships he built throughout the years.

In his spare time, Mr. Carey enjoyed playing his guitar, fishing, riding motorcycles and watching movies. The most important part of his life was his children. He loved his sons more than anything and was proud of the men they grew to be.

Mr. Carey was a great listener, always thoughtful, generous and kind. His life lessons and example are part of his legacy that continue through his children. Mr. Carey will be missed by all the



PATRICK J. CAREY

lives he touched.

He was the devoted and loving father of Patrick T. Carey and Zachary W. Carey, both of Braintree, and the former husband of Linda G. Barrington of Braintree.

Funeral services will be held privately.

Memorial donations may be made to the Salvation Army, 6 Baxter St., Quincy, MA 02169.

Funeral arrangements were made by Keohane Funeral Home, 785 Hancock St., Quincy.

**Michael A. Sheehan, 50**

Visiting hours for Michael A. Sheehan, age 50, of Quincy will be held June 29 from 4 to 8 p.m. in the Quealy & Son Funeral Home, Abington.

Mr. Sheehan died June 17.

Beloved son of Jean F. Sheehan of Abington and Dennis A. Sheehan and wife Doreen of Mansfield; loving brother of Joseph M. Sheehan and wife Beth of Abington and Ronald A. Sheehan



MICHAEL A. SHEEHAN

and wife Maura of Braintree; loving uncle to Jonathan W. Sheehan, Brenna J., and Hannah D. Sheehan; former husband of Karen Sheehan of

Uxbridge. Also, survived by girlfriend Renee Gaura-Van-gestel and close friend Jackie Chapman.

Mr. Sheehan was a dedicated member of Local 7 Iron Workers of Boston, Local 195 Stage Hands, and Local 481 Movie Technicians.

Memorial donations may be made to Boston Children's Hospital Trust, 401 Park Dr., Suite 602, Boston, MA 02215.

**Carolyn L. Fitzpatrick**

Carolyn L. (Watson) Fitzpatrick of Pembroke and formerly of Quincy died June 20.

Born in Wellsboro, PA, she was the daughter of the late Donald L. Watson and Janice R. (Plocke). She was the beloved wife of Robert J. "Bob" Fitzpatrick of Pembroke, and the devoted mother of Robert J. "Bobby" Fitzpatrick of Quincy, Erin M. Bryan and her husband Keith of Pembroke, Michael J. Fitzpatrick and his wife Katie of Quincy, Joseph R. Fitzpatrick and his wife Jaclyn of Pembroke, James M. Fitzpatrick and his wife Alanna of Hanover, and the late Ryan Lee Fitzpatrick. She was the sister of Marilyn Horner of Halifax and her late

husband Edwin, Gary Watson of Bridgewater and his late wife Diane, and Terri Watson of FL. She is survived by her 10 grandchildren, and many nieces and nephews.

Mrs. Fitzpatrick was a PCA for many years. She was like a mother to many of the friends of her children. She loved all animals, especially dogs and cats. The greatest joys in her life came from time spent with her family and friends. Always quick to crack a joke, Mrs. Fitzpatrick always made sure everyone around her was smiling. Those who were blessed to have known her are going to miss her loving, generous heart.

Visiting hours are 3 to 7



CAROLYN L. FITZPATRICK

p.m. Friday in Keohane Funeral Home, 785 Hancock St., Quincy.

Funeral Mass and interment are private.

Memorial donations may be made to the Alzheimer's Association-MA Chapter, 309 Waverley Oaks Rd., Waltham MA 02452.

**Pamela Wyman, 44**

Pamela Wyman, 44, of Medford, died June 10 at her home.

Born in Quincy, she was the loving daughter of Bruce and Nancy Wyman. In addition to her parents she is survived by her grandmother Dolores Wyman, her sis-

ter Jennifer Wyman and her nieces Hannah and Samantha whom she cherished with a love they will never forget. In addition, she is survived by many beloved aunts, uncles and cousins.

A graduate of Fontbonne Academy '94 and Johnson



PAMELA WYMAN

and Wales '98. For eighteen years she worked at Boston IVF as a site supervisor.

Ms. Wyman had a generous heart and a zest for life that knew no bounds. Whether it was a cruise to anywhere or a trip to the lake with her loyal, loving friends.

She loved children and had many extended nieces and nephews who will always remember her as "Auntie Pam."

As a breast cancer survivor, she fought to live her life to the fullest. Her smile, laugh and witty disposition will be missed by all.

She will be laid to rest in St. Michael's Episcopal Church Garden of Seasons in Milton in a private ceremony due to restrictions in place during the COVID-19 pandemic.

Memorial donations may be made to The Healing Garden, 145 Boston Rd., Harvard, MA 01451.

Funeral arrangements were made by Hamel-Lydon Chapel & Cremation Service of Massachusetts, 650 Hancock St., Quincy.

## PUBLIC NOTICE

CITY OF QUINCY  
BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from S And H Tobacco, Inc., (aka S&H Tobacco Inc.) doing business as Hancock Market, Chandrika Patel Manager, for a change of location of their Off-Premises Package Store All Alcoholic Beverages License from 5 Cottage Avenue to 1500 Hancock Street. The premises is a retail store of approximately 2,400 sq. ft., on one floor. In accordance of the provisions of MGL Chapter 30A, Section 20, and in accordance with Governor Charles Baker's March 12, 2020 Order suspending provisions of the Open Meeting Law to promote public health and social distancing, the Quincy Board of License Commissioners will hold a remote public hearing at 4:00 p.m. on Tuesday, July 14, 2020 using Zoom Video Communication.

6/25/20

Nicole L. Crispo  
Chair

## INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS  
Department of Natural Resources

Thomas P. Koch, Mayor  
David Murphy, Commissioner of Natural Resources

## INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for Pine Hill Cemetery Expansion - Phase I until 11:00 a.m. local time, Thursday, July 9, 2020, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The Work under this Contract includes, but is not limited to, construction of an access road at Pine Hill Cemetery in Quincy, MA. Work includes, but is not limited to; clearing and grubbing, tree and stump removal, excavation, grading, rock and ledge removal, full depth pavement construction, riprap slope armoring, water line and frost-free hydrant installation, drainage structures and piping, and all materials, equipment, services and construction inherent to the Work.

The Work shall be substantially completed by November 1, 2020 and completed and ready for final payment by November 15, 2020.

Detailed specifications will be available June 24, 2020 at no cost on-line at the City of Quincy's Website, [https://www.quincyma.gov/govt/depts/purchasing/current\\_bids.htm](https://www.quincyma.gov/govt/depts/purchasing/current_bids.htm). Bidders shall send a confirming email to "purchasing@quincyma.gov" to allow Owner to maintain a plan holders list. If Bidding Documents are downloaded and/or printed from Owner's website, it is Bidder's responsibility to check the website for any addenda before submitting a Bid. The Owner will not be responsible for any Bid that omits addenda acknowledgement. Bidding Documents are also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM for a refundable printing charge of \$100.00 if returned 10 days within Bid opening and in unused condition.

Each Bid shall be accompanied by a Bid security in the amount of five percent (5%) of the total value of the Bid in the form of a Bid bond or certified/treasurer's check.

The bidding and award of this Contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised, all Federal, State and City of Quincy regulations when applicable in relation to Minority Business Enterprise, Women's Business Enterprise, Minority Work Force, Equal Employment Opportunity, and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all Bids when such an action is deemed in the best interests of the City.

**Non-responsive and/or unbalanced Bids may be rejected.**

Thomas P. Koch  
Mayor

David Murphy  
Commissioner, Natural Resources

Kathryn R. Logan  
Chief Procurement Officer

6/25/20

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# Massachusetts RMV Encouraging Customers To Renew Licenses Online

The Massachusetts Registry of Motor Vehicles (RMV) is encouraging all eligible customers to renew their standard Massachusetts driver's license or Massachusetts ID card online at Mass.Gov/RMV any time between now and Aug. 12, in order to qualify for a free upgrade to a REAL ID credential in 2021.

This one-time, time limited offer is available to most customers who have an expired or expiring license or ID card dated between March 2020 and August 2021, as renewals are allowed up to two years after expiration, or up to a year in advance of the expiration date printed on their license or ID.

"The RMV is encouraging all of our customers to stay safe, save time, and go online during the COVID-19 pandemic to renew their license or ID card, rather than attempting to come in to get a REAL ID," said RMV Registrar Jamey Tesler. "Over 500,000 people have a license or ID credentials that expires this summer that can be renewed online, and we hope they will all take advantage of this one-time offer for a free, future upgrade to allow the RMV to prioritize 'social-distancing' and other essential transactions that may only be completed in-person."

Qualifying customers who complete their renewal online prior to Aug. 12<sup>th</sup> and wish to upgrade to a REAL ID for free, will have to wait until at least February 2021 to visit an RMV Service Center. At this time, customers will not need a federally-compliant REAL ID for the purposes of boarding domestic flights prior to Oct. 1, 2021 because the federal government delayed the compliance effective date by one year.

The fee for obtaining a standard or REAL ID license is \$50, while the fee for obtaining a standard or REAL ID card is \$25. The

typical \$25 upgrade / amendment fee will be waived under these qualifying circumstances.

Obtaining an initial federally-compliant REAL ID requires all customers to visit a Service Center in-person to present verifying documents. The RMV has introduced this initiative and fee waiver pursuant to Executive Order 39 issued by Governor Baker on June 12, and in light of the COVID-19 public health emergency to encourage "social-distancing" and limit unnecessary travel by reducing the need for many customers to visit a Service Center, and allowing for the prioritization of essential in-person needs by appointment-only.

Customers should take the following steps to determine their online renewal eligibility and to qualify for this offer:

Visit Mass.Gov/RMV, login to your "myRMV" account, and find out if they are permitted to renew online.

Renew online by Aug. 12<sup>th</sup> - your new standard license or ID card will be sent to you via U.S. Mail.

The cost for renewing a driver's license is \$50. The cost for renewing an ID card is \$25. These costs are the same for both a standard or REAL ID license or ID card. The cost for upgrading or amending a license or ID card outside of your renewal cycle is \$25, which will be waived for participating, eligible RMV customers.

Customers who renew online will have to wait until at least February 2021 to make an appointment for a REAL ID and have their \$25 upgrade / amendment fee waived. Anyone who holds a valid U.S. passport or other federally-compliant form of identification may never need a RMV-issued REAL ID.

As a service to its members, AAA continues to issue REAL ID credentials for their members only and

members should make an appointment before visiting an AAA location.

While the RMV has previously announced the below automatic extensions to certain expiring licenses and ID cards, all eligible customers are encouraged to take advantage of this offer by renewing online prior to Aug. 12<sup>th</sup>.

- Driver's licenses and ID cards that expired or will expire in March, April, and May 2020 will now expire in September 2020.

- Driver's licenses and ID cards that will expire in June have been extended until October 2020.

- Driver's licenses and ID cards that will expire in July have been extended until November 2020.

- Driver's licenses and ID cards that will expire in August have been extended until December 2020.

All RMV customers are encouraged to visit www.Mass.Gov/RMV to renew their license or ID card, and

complete one of over 40 other transactions available online, by mail, or by phone.

For details on these and other credential expiration

date extensions and additional information on RMV service offerings during the COVID-19 pandemic, visit [www.mass.gov/rmv](http://www.mass.gov/rmv) or <https://www.mass.gov/info-details/rmv-covid-19-information>.

## LEGAL NOTICE

### CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P1292EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court

Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

Estate of:  
Rosalie M. DiRico  
Date of Death:  
April 24, 2020

To all interested persons:  
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Mark A. DiRico of Norwell, MA and John P. DiRico of North Marshfield, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Mark A. DiRico of Norwell, MA and John P. DiRico of North Marshfield, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/22/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 16, 2020  
PATRICK W. McDERMOTT  
Register of Probate

6/25/20

## LEGAL NOTICE

### CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. NO20P1291EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court

Norfolk Probate and Family Court  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

Estate of:  
Kathleen M. Clifford  
Also known as:  
Cathy Clifford  
Date of Death:  
March 25, 2020

To all interested persons:  
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Melissa Clifford of Hanover, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Melissa Clifford of Hanover, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

**IMPORTANT NOTICE**  
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 07/22/2020. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)**

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: June 16, 2020  
PATRICK W. McDERMOTT  
Register of Probate

6/25/20

## LEGAL NOTICE

### INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO20P1057EA

Commonwealth of Massachusetts  
The Trial Court  
Probate and Family Court

Norfolk Division  
35 Shawmut Road  
Canton, MA 02021  
(781) 830-1200

Estate of:  
Edward Joe Halloran  
Also Known As:  
Edward J. Halloran,  
Edward Halloran  
Date of Death:  
September 16, 2019

To all persons interested in the above captioned estate, by Petition of:

Petitioner Megan Halloran of Quincy, MA a Will has been admitted to informal probate.

Megan Halloran of Quincy, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

6/25/20

## PUBLIC NOTICE

### CITY OF QUINCY

#### BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from KH Retail Inc doing business as Squantum Market & Liquors, Kinjal Kumar Patel Manager, for a Transfer and Pledge of the Off-Premises Package Store All Alcoholic Beverages License presently held by James Mullaney and Karen Mullaney (dba Mullaney's), for the premises located at 205 West Squantum Street. The premises is a ground floor location of approximately 1500 sq. ft., with basement. In accordance of the provisions of MGL Chapter 30A, Section 20, and in accordance with Governor Charles Baker's March 12, 2020 Order suspending provisions of the Open Meeting Law to promote public health and social distancing, the Quincy Board of License Commissioners will hold a remote public hearing at 4:00 p.m. on Tuesday, July 14, 2020 using Zoom Video Communication.

Nicole L. Crispo  
Chair

6/25/20



## LEGAL NOTICE

## LEGAL NOTICE

**CITY OF QUINCY  
SCHEDULE FOR WATER & SEWER  
FISCAL YEAR - 2021 (EFFECTIVE JULY 1, 2020)**

**WATER USAGE:  
SEWER USAGE:**

**\$6.67 per hundred cubic feet  
\$14.52 per hundred cubic feet**

**Residential Billing cycle is Quarterly  
Non-residential Billing cycle is Monthly**

New Connection Charge \$375

Application and inspection of a new connection to the sewer system.

Unauthorized Sewer Connection \$5,000

Unauthorized connection to the sewer system for which an application was not submitted and approval was not granted by the Commissioner of Public Works.

**Unauthorized Sewer Use**

Any discharge to the sewer system that does not come from an approved connection. Examples would be dumping of waste directly into the sewer system via a sewer manhole, a sump pump that drains directly into the sewer, or downspouts from gutters that drain directly into the sewer system.

1<sup>st</sup> Offense \$500

2<sup>nd</sup> Offense \$1,000

3<sup>rd</sup> Offense \$2,500

Sewer Pipe Inspection \$200 per day - Site visit to inspect sewer connections.

Denial of Access to Premise/Property \$25 per visit

Site visit necessary to determine the extent and cause of a sewer system issue and access has been denied by the customer or the property owner(s).

**Private Infrastructure Analysis - Cost of Labor & Materials**

Inspection and/or analysis of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

**Private Infrastructure Repair - Cost of Labor & Materials**

Repair by the City of a private sewer. The property owner(s) will be responsible for reimbursing the Sewer Department for the cost of labor and materials used.

**Lateral Maintenance-Residential (4 units or fewer) - \$375**

Property owner(s) are responsible for maintenance and repair of the sewer line between their foundation and the edge of the sidewalk. In the event that cleaning of the sewer line is required, the City will clean out the sewer line once per fiscal year at no cost to the customer. Property owner(s) will be charged for subsequent cleanings.

**Lateral Maintenance-Large Residential and Mixed Use Residential (5 units or more) \$500 or \$250/hr whichever is greater.** The property owner(s) are responsible for maintenance and repair of the sewer line between their foundation wall and the edge of the sidewalk. Upon request, the City will clean the sewer line for the charge identified above.

**Lateral Maintenance-Non-residential \$1,000 or \$500/hr, whichever is greater**

The property owner(s) are responsible for maintenance and repair of the sewer line from their foundation wall to the point where the line connects to the sewer main (generally in the center of the street). Upon request, the City will clean the sewer line for the charge identified above.

**Lateral Repair or Replacement - Cost of Labor & Materials**

Upon request, the City will repair or replace a lateral sewer line. The property owner will be charged for the cost of labor and materials used.

Prohibited discharges include all substances, waters, or wastes that may harm or interfere with any wastewater system. They include cooking fat, bacon grease, oil, fuel, etc. A complete listing of prohibited discharges can be obtained from the DPW at 55 Sea St.

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - First Offense \$1,000

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 2nd Offense \$2,500

Prohibited Discharge—Residential and Large Residential or Residential Mixed Use - 3rd and Subsequent Offense \$5,000

Prohibited Discharge—Non-residential First Offense - \$2,500

Prohibited Discharge—Non-residential 2nd Offense - \$5,000

Prohibited Discharge—Non-residential - 3rd and Subsequent Offense \$7,500

Water Service Turn On/Turn Off \$75.00

Manual Meter Read \$100.00 per billing interval

Water Meter Test - Meter 1" or smaller \$100.00

Water Meter Test - Meter larger than 1"

If commercial customer fails to comply with city's request to test meter, then the city is authorized to engage a private vendor to disassemble and test the meter and charge the cost of same to commercial customer

Meter Freeze Up \$100.00 plus cost of meter

Damaged, tampered, or missing meter \$150.00 plus cost of meter

Damaged, tampered, or missing meter reading device \$175.00 which includes replacement of meter reading device

Valve Replacement \$150.00 which includes labor, parts and valves

Lawn Service Application \$75.00

Water Service Application - 1" or smaller \$75.00

Water Service Application - 1 1/4" to 3" \$100.00

Water Service Application - 4" or larger \$150.00

Unauthorized Water Connection \$550.00 plus cost of meter

**Massachusetts Water Resource Authority Special Assessment**

The Massachusetts Water Resource Authority billing charged to the City for high strength user(s) shall be charged to the high strength user(s) so identified by the Massachusetts Water Resource Authority.

**Water Service Line Leak Repair**

After notice to customer to repair a leak on the customer's property, if customer does not repair same, then the city shall complete the repairs and charge the customer for the cost of said labor

Fire Service Application \$300.00

Fire Flow Test Observation and Assistance \$250.00

Hydrant Meter Application \$75.00

Hydrant Meter Deposit - Meter 1" or smaller \$500.00 Deposit

Hydrant Meter Deposit - Meter larger than 1" \$3,500.00

Hydrant Meter Late Return \$10.00 per calendar day

Hydrant Meter Service \$100.00

Hydrant Meter - Minimum Monthly Usage - 5/8" meter \$75.00 per month

Hydrant Meter - Minimum Monthly Usage - 3/4" & 1" meter \$100.00 per month

Hydrant Meter - Minimum Monthly Usage - Meter larger than 1" \$300.00 Minimum Monthly Usage

Unauthorized Hydrant Use - 1<sup>st</sup> Offense \$1,000.00

Unauthorized Hydrant Use - 2<sup>nd</sup> Offense \$5,000.00

Cross Connection/New Construction - Initial Survey \$200.00

Backflow Prevention Device Test & Inspection - Double Check Valve \$75.00

Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - First five (5) \$100.00

Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - Next ten \$50.00 each

Backflow Prevention Device Test & Inspection - Reduced Pressure Devices (each) - Sixteen or more \$25.00

Water/Sewer Pipe Inspection - single instance \$600.00 Combined Inspection

Water/Sewer Pipe Inspection - multi-day \$100.00 per day

Denial of Access to Premises/Property \$25.00 per visit

Private Infrastructure Analysis - Cost of analysis/leak detection charged to customer

Private Infrastructure Repair - Cost of repair: including labor, repair and materials

Street/Sidewalk Opening Application \$75.00

Water Testing \$25.00

Final Meter Read \$50.00

6/18/20, 6/25/20

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# CLASSIFIEDS

## SERVICES

(QUINCY ONLY) Summer Special - Save Up to 50% Off  
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Louis@gentilepiano.com

## SERVICES

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NEWSPAPER**

## SERVICES

**KERRY CONSTRUCTION INC.**

CARPENTRY, GUTTERS, DECKS  
REPLACEMENT WINDOWS & DOORS  
SHINGLE & RUBBER ROOFS

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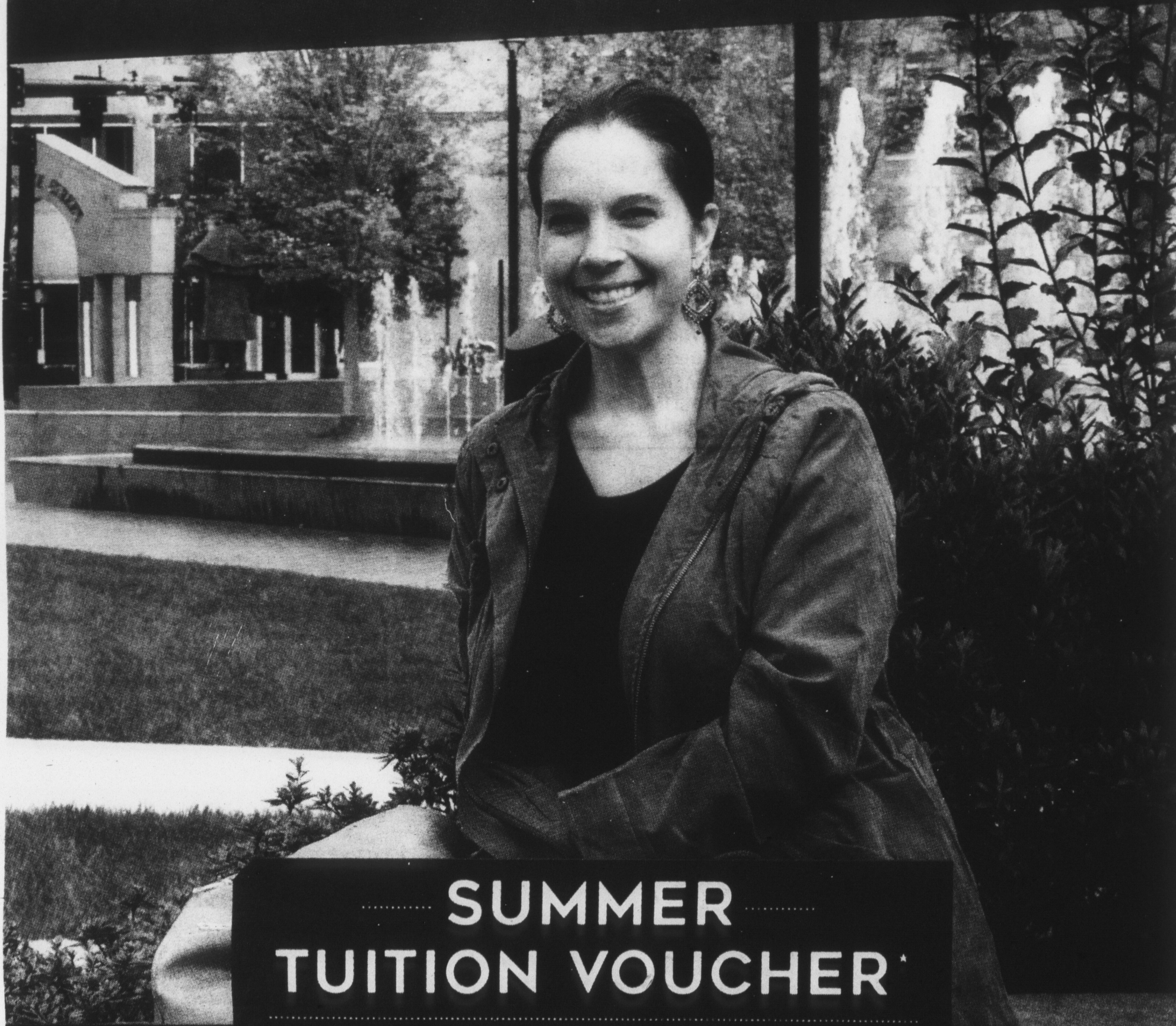
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